



Watching you grow!

Name: _____

Date: _____ BMI: _____

Height: _____ % _____

Weight: _____ % _____

Head circumference: _____ % _____

Well-child exam: 2 years

Nutrition

- Your child should eat a variety of foods from all of the basic food groups.
- Feed your toddler at family meal times and give him 2-3 nutritious snacks a day.
- Your toddler now may drink skim milk. Limit the amount to 16-20 ounces a day.
- Offer him nutritious foods and let him decide what and how much to eat. You may find he eats a lot one day and very little the next.
- He may prefer the same foods day after day. Continue to offer a variety of healthy foods and model for your child how to eat them.
- Give your toddler small amounts of liquids exclusively from a cup or glass and offer refills.
- Avoid foods that can cause choking, such as uncut raw vegetables, nuts and popcorn. Cut grapes and hot dogs into small pieces, lengthwise **and** crosswise.
- Avoid foods and drinks high in fat, salt and sugar.
- Juice must be pasteurized and given in a cup at snack or meal times only. Total juice intake should be no more than 4-6 ounces a day.
- Vitamins are not necessary if your child is eating a variety of fruits and vegetables.
- Clean his teeth every morning and night with a soft toothbrush, no toothpaste needed. Talk to your provider or dentist about fluoride supplementation.

Illness

- Expect an average of 6-8 upper respiratory infections per year.
- Colds are caused by viral infections and will not respond to antibiotics. Unnecessary antibiotic use may increase your child's risk of infection from resistant bacteria strains.
- To prevent transmission of illness, keep your child home until diarrhea or fever has been gone for 24 hours or as directed by your provider.
- Family members should wash hands frequently.

Wetting and stooling

- Allow your child to observe you using the toilet. Your child should start to sit on the potty chair with or without a diaper.
- Toilet training is a developmental process like sitting or walking. You cannot make it happen. Girls tend to potty train before boys.
- When your child is ready, he will learn to use the toilet. Wait for his request.
- Your toddler may be ready to use the potty chair or toilet when:
 - He is dry for two hours;
 - He knows the difference between wet and dry;
 - He can pull his pants up and down;
 - He wants to learn and can give a signal when he is about to have a bowel movement.
- Be patient as he is learning. When leaving the house, pack extra clothes for any accidents. Do not punish him for accidents he may have.

Sleeping

- Most 2-year-olds sleep 10-12 hours at night.
- Some children at this age stop taking naps and may become irritable when over tired. Earlier bedtimes may compensate for the missed afternoon naps.
- If your child resists naps, a regular "quiet time" should be expected.
- Bedtime reading promotes language development and an effective, quiet bedtime routine.
- Pleasant and predictable bedtime routines help promote good life-lasting sleep habits.
- Televisions or computers should **not** be used before bedtime. Televisions should not be in the bedroom or used to fall asleep.
- If your toddler is trying to climb out of his crib, it is time to transition to a bed.

CentraCare Clinic strives for excellent customer service and values patient feedback to help us improve as needed. If you are mailed a patient survey, please take the time to complete it. Thank you for choosing CentraCare Clinic.

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, please talk with your child's provider for assistance in finding additional resources.

CENTRA CARE Clinic
Women & Children

Growth and development

At 2-years-old, your toddler may:

- Enjoy playgrounds, climbing, sliding and stairs;
- Enjoy being with and copying the play of other children who are the same age;
- Not like to share;
- Speak 2-3 word sentences, or use longer sentences;
- Refer to self by name;
- Often do opposite of what is asked; and
- Learn about rules, but not remember them.

Positive parenting

- Be attentive to your child's independence while maintaining consistent limits.
- Avoid conflict by providing your toddler with acceptable options, i.e. "Red pants or blue?"
- Limit television and computer screen time to less than two hours a day. Monitor what he watches.
- Model appropriate language.
- Read a book to your toddler everyday.
- Sing songs and spend time talking to each other.
- Play activities together that your toddler enjoys.
- Hug and hold your toddler.
- Always praise good behavior.
- Never use discipline that physically or emotionally hurts your child. Use time outs for effective discipline (one minute per year of age).

Safety

- Do not leave heavy objects or containers of hot liquids on tables within your toddler's reach.
- Turn handles toward the back of the stove. Keep your toddler away from hot stoves, irons, fireplaces, curling irons and space heaters.
- Use safety latches on drawers and cabinets and cover electrical outlets with protective covers.
- Remove hanging cords from window drapes and blinds. Toddlers can become entangled and strangle themselves.
- Keep all poisonous substances, plants, medicines, cleaning solutions, beauty products, paints and solvents out of your child's sight and reach. Keep garage areas safe also.
- **Never** leave your toddler in the car alone. When your child is 20 pounds **and** 2 years old, continue to have him ride in an age- and weight-appropriate car seat in the back seat of the vehicle.
- Supervise your child constantly whenever he is in or around a bath tub, pool, lake, river, ditch, well or bathroom. A locked fence with a self-closing, self-latching gate should surround a pool.
- **Do not** give your toddler plastic bags, latex balloons or small objects. Be aware of items that can cause choking; such as buttons, toy parts, batteries, coins or hard candies.
- Store knives and guns out of reach and sight. Guns and ammunition should be stored separately.

Pediatrician-approved Web sites:

www.aap.org
www.cdc.gov
www.centracare.com
www.chop.edu
www.ecbt.org
www.kidshealth.org
www.mdh.org
www.parenting.umn.edu



Community resources:

Child passenger safety seat inspections (free)

Call (320) 251-2700, ext. 54492 for an appointment or visit www.buckleupkids.mn.org for more information.

Early Childhood Family Education

For classes about raising young children, contact your local school district.

United Way 2-1-1 help line

Provides confidential information and referrals to thousands of community services. Call 2-1-1 or (651) 291-0211.

Crisis Nursery

An adult in crisis affects a child's world. The Crisis Nursery is a free 24/7 temporary, safe haven where parents experiencing a family or personal crisis can call. For crisis day care/crisis counseling and family support, call (320) 654-1090.

Poison Control number

If you have a poison emergency or a question about a poison or about poison prevention, call (800) 222-1222.

- Avoid peak sun times (10 a.m. to 3 p.m.) Apply sunscreen with SPF 15 or greater 30 minutes prior to being in the sun and reapply every three hours or according to manufacturer instructions. Toddlers should wear protective clothing, hats and sunscreen when going outdoors.
- If in an area with biting insects, apply repellent with less than 30 percent DEET to skin and clothing to protect your child. (Avoid eyes.)
- Smoke and carbon monoxide detectors in the home should be in working order.
- Children in a bicycle carrier or safety seat should wear a bike helmet as well as you.
- Teach your child street safety and to be careful around strange dogs.
- Teach your child **not** to go anywhere with strangers or be touched by others in ways he does not like. Let him know it is OK for him to tell you anything.
- **Never shake your child.** If you become too upset, put your child in a safe place, such as a crib or bedroom until you are calm. Call the clinic or 911 if you feel you may hurt your child.