

## 2 YEAR VISIT

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### Nutrition

- Switch to low fat cow's milk – no more than 32oz daily
- Avoid juice and drinks/foods with added sugars
- Toddlers should only be drinking out of cups now with little to no spilling
- Avoid choking hazards
- Establish healthy eating habits
- Offer fruits and vegetables and encourage physical activity
- Make sure your toddler sits at the table when eating and have scheduled meal times – use forks and spoons
- Trust your toddler to self regulate – as long as they are growing, they are fine

### Sleep

- Most toddlers sleep around 10-12 hours at night, and take 1 nap (1-3 hours total)
- Keep a regular bedtime and nap ritual
- Try to read to your child every night

### Dental Health

- Brush your child's teeth twice a day with a soft toothbrush and a small amount (smear) of toothpaste
- Don't use a bottle and make sure you brush teeth before bedtime
- A toddler should see a dentist every 6 months

### Safety

- Your child can now use a forward facing car seat in the backseat
- Lock chemicals, medications and firearms in a high cabinet
- Supervise toddlers near cars and in the street and always use a helmet when on a scooter or bike – model safe behavior
- Poison Control # (1-800-222-1222)

- Always have an adult supervising when near water or swimming pools
- Use sunscreen (SPF > 30) & insect repellent (10-25% DEET) and sun protective clothing/hats

### Promoting Development

- Your child will be running and jumping and walking up and down stairs
- They may enjoy playgrounds and climbing up ladders
- Toddlers like to play alongside other children in parallel play
- They can help dress themselves and take off clothing – give them choices to avoid conflict
- Your child may say up to 50 words now and use sentences combining 2-3 words – their speech is about 50% intelligible
- Read, draw and sing with your child – they can turn pages of a book, turn doorknobs, flip switches and stack blocks
- Read and look at books together every day
- Teach your child that negative behaviors have consequences and use positive reinforcement instead of stern discipline
- Praise your child when they make safe decisions or practice good behaviors – use words to describe emotions and feelings to allow self expression
- Model appropriate language and actions
- You can use a child's potty to toilet train – practice washing hands
- Limit screen time to < 30 min - 1hr daily

### Vaccines & Tests

- HepA
- Anemia screen and lead level

**\*Next Visit: 2 1/2 years old for well child visit**