

6/12/2014 2 Year Visit

Suggested Diet/Feeding Reminders

A balanced diet continues to be important. Remember the four food groups (milk, meats, fruits and vegetables, and breads and cereals.)

Become food-conscious on behalf of your child

Avoid nuts, fruits with seeds, round fruits like grapes, stringy veggies, raw carrots, popcorn, hard candy, gum or hot dogs! For these foods, wait until your child is around 4 years of age.

Offer water first if your child is thirsty

Don't allow eating to become a power struggle

Avoid junk foods and drinks

Use mealtimes to teach table manners

Be flexible in the form of food your child prefers

Let mealtimes be a family social event

Remember to brush your child's teeth twice daily. He/she should see the dentist between now and three years of age.

Sleep Issues

Establish and keep a bedtime ritual.

Set a time for bed, with a story or quiet time before. Be firm when it comes to going to bed. Toddlers need routines!

Avoid bedtime or nighttime snacks.

Your child may discontinue his/her nap.

Safety Issues

Always use an approved and appropriately sized car seat when traveling.

At 80 lbs., your child may use a regular automobile safety belt, but booster seats are still available. She/he should ride in the back seat!

Store knives and firearms out of reach!

Your child should be closely supervised when outdoors, especially when near a street.

Never leave your child alone around water, not even for a second. Knowing how to "swim" does not make a child water-safe at this age.

Poison-proof your house! Poison control: 1-800-222-1222

Remove potential toxins from reach

Don't smoke around your child

Watch out for potential burns!

Talk to your child about not following strangers, and not accepting touching or conversation they don't like by others.

Enjoy! Your child soon should be able to:

Jump in place, kick a ball

Put on socks

Some dressing skills

Uses phrases

Names common objects

Turns pages singly

Places objects in form-board puzzles

Walks up stairs placing both feet on each step

Discipline

Praise correct behaviors

Anticipate problems

If your toddler breaks a rule, remove him/her from the problem area and encourage another activity

Use "no" sparingly, but consistently

Remember that discipline is a form of guiding your child and teaching him/her to gain self control, to respect other's rights, and to live by society's rules.

Expect temper tantrums/breath holding spells!

Vaccines

Hepatitis A series (one now, then one between six months and a year from now.)

Toilet Training—remember that it may be into the third or fourth year of life before complete success is achieved

Signs of readiness: desire to please, copy parent, walk and sit well, ability to relay urge

Be patient! Praise success

Ask your pediatrician for details, or good resources.

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Read stories to your child

Suggested toys: stuffed animals, large peg boards, wooden animals, large crayons, rocking horses, sturdy cars and wagons. Avoid toys with sharp edges, removable parts, and small parts

Suggested activities: teaching body parts, drawing pictures, chasing, "rough-house" play when done gently and appropriately. Have your child do small chores, such as picking up toys

Limit TV watching!

Excellent resource: [What to Expect the Toddler Years](#), by Eisenberg, Murkoff, and Hathaway

