



Town and Country Pediatrics

1460 N. Halsted #402 6374 N. Lincoln #204 2401 W. Ravine Way #103
Chicago, IL 60642 Chicago, IL 60659 Glenview, IL 60025
(312)279-8900 (773)478-1067 (847)998-8806
www.townandcountrypeds.com

Your Two Year Old Toddler

Name _____ Date _____

Weight _____ Length _____ Head Circumference _____

Percentile _____ Percentile _____ Percentile _____

Diet:

- Offer a variety of healthy table foods diced into small pieces. Let your child feed himself with a utensil or fingers. 1 tbsp of food per year of age is a fair measure. He should be exclusively using a cup.
- Avoid giving any large pieces of food, raw carrots or celery, chips, popcorn, nuts, seeds, whole grapes, or hot-dogs that your toddler may choke on.
- Growth in toddlers is sporadic and their appetites follow. Expect appetite slumps and food jags (preference for the same foods at every meal). Do not force your toddler to eat. Meals should not be a battleground. Offer healthy choices. Limit fatty foods, sweets and juice intake. No sticky fruit snacks!
- During these appetite slumps, do not play short order cook and prepare another meal in hopes your toddler will eat it. Wait until the next meal to feed him. Make sure she comes to the table for meals and is offered whatever foods the family is eating.
- Your toddler should drink 16-20 oz. of 2% milk each day. Too much milk can lead to picky eating.
- Multivitamins may be used if your toddler's diet is consistently inadequate.
- If you have a family history of food allergies, please consult our office before introducing foods that contain peanuts.

Sleep:

- A regular bedtime routine is very important to toddlers. The average toddler sleeps 13 hours per day.
- Most toddlers take 1 nap per day. If your toddler is resistant to the nap, it is still important to have a quiet period of rest at a scheduled time each day.



Development: (24-30 months):

- Runs, jumps in place, walks up & down stairs, throws a ball overhand, dresses with help, brushes teeth with help, may turn pages of a book one at a time.
- Puts 2 or more words together, speech becoming more intelligible, may count to 3 or know a few ABC's, follows two-step commands, recognizes colors, shapes, animals by pointing in a book, may ask a caregiver to read a book
- Uses spoon/fork, uses cup, opens a door, makes or imitates a horizontal/vertical line with a crayon, stacks 5 or 6 blocks, may imitate food preparation or cleaning the house!
- May go up and down stairs one step at a time, kick a ball, and jumps up
- A little more social with other children (still parallel play), plays pretend games, talks on phone
- Listen to your child and expand on his language. Use well formed sentences that use his words. Read to your child. Express emotion in your reading! Many toddlers like the same book over and over again! Ask your child to point to pictures of objects, animals, or people on the

page. Many children need time at this age to respond without pressure.

- Pretend play. Play hospital, zoo, store, barber shop, restaurant, or airport with your child. Use puppets. These activities help build creativity and help your child with life situations.



Safety:

- Your child is ready to be taught simple rules about safety and behavior in the family, but is only beginning to be able to follow them. Ensure the safety of the environment for your toddler. Provide gentle reassurance, calmly and consistently maintain limits despite repeated tantrums, and reinforce positive behaviors will help develop healthy self-confidence and social skills.
- Lock cabinets and keep cleaners, medications, plastic bags, and small objects away from your toddler. Secure blind cords and use wall mounted stair gates. Install 2nd floor window gates.
- Burns, falls, choking, drowning, and poisonings are still the biggest hazards in your toddler's environment.
- In case of accidental ingestion or poisoning or for free poison prevention information, call the Illinois Poison Center at (800) 222-1222.
- Use a properly fitted bicycle helmet if you take your toddler on a bike ride. Wear a helmet too!
- Bubble baths are not recommended-they are associated with urinary tract infections.

Other Things to Keep in Mind:

- It is now time to schedule the first dental visit.
- Use a small soft toothbrush and a dab of fluoridated toothpaste to clean your toddler's teeth everyday.
- Use television to its best advantage. Limit its use to good programs and spend more time as a family. Read books to your toddler everyday.
- Use PABA-free sunscreen with SPF =15.
- Your toddler loves peer interaction but may find it very difficult to share. According to him, the world revolves around ME! Toddlers learn by watching their caregivers. Encourage courteous behavior by becoming a "sharing role model". Don't expect your 2 year old to sit for circle reading time.

Potty Training:

- Signs of readiness to use the potty or toilet usually are seen by 27-30 months of age. Mastery of the potty may not come until 3 years of age.
- To successfully potty train your toddler needs to... WANT TO BE TRAINED, knows the difference between wet and dry, is dry for 2 hours at a time, be able to pull loose fitting clothing on and off, be able to climb on and off the potty chair, and can tell you when she is about to have a bowel movement.
- If you are not sure about whether your child is ready, have a potty chair available to your toddler, but do not push your toddler into training.

Behavior/Discipline:

- Encourage your toddler's independence, offer acceptable choices when possible while retaining your parental authority and rules. He likes to make choices, however it may be difficult for him to choose in some instances and then often wants to change his answer.
- Although he is yearning for independence, the 2 year old may hide behind his parent's when approached by other adults. He may develop fears! Unexplained events may strike fear in your toddler. Fear of thunder and lightning, fear of going down the drain with the bath water are common fears. With steady parental support and reassurance, your child will gain confidence and overcome the fear.
- Be consistent. Praise good behavior. Avoid too many rules. Say "No" then physically move your child from a dangerous situation. Do not yell or spank. Be a good role model.
- Tantrums are your child's way of expressing anger and frustration. Tantrums increase when your toddler is tired, sick, or hungry. Ignore attention-seeking tantrums – do not try to reason with your toddler. Use time-outs for disruptive tantrums or unacceptable behavior. You may need to physically hold your child during the time-out. A minute per year of age is a good guideline.
- A good reference for reading about discipline is 1-2-3 Magic.



Town and Country Pediatrics

1460 N. Halsted #402 Chicago, IL 60642 (312)279-8900
6374 N. Lincoln #204 Chicago, IL 60659 (773)478-1067
2401 W. Ravine Way #103 Glenview, IL 60025 (847)998-8806
www.townandcountrypeds.com

Your Two Year Old Toddler

Name _____ Date _____

Weight _____ Length _____ Head Circumference _____

Percentile _____ Percentile _____ Percentile _____

- To fully understand new activities, he will try new activities repeatedly. What does mud feel like? What happens when water is splashed out of the tub? What does mommy do when I touch this piece of china or this wobbly book case? (make sure objects are secure!) It is difficult to realize that curiosity and not disobeying compels your child's repetitive explorations.
- If you let your child watch TV, watch together and talk about what you see. Encourage physical activity by taking part as a family. Walk, hike, bike, play tag.

24-35 lbs. = 1 tsp.

Additional Instructions:

Tests/Immunizations for Today:

- Hepatitis A may be given today (with other catch up vaccinations if necessary)
- Your child will have another test to detect lead in the blood.
- You will be given 2 developmental questionnaires to complete at home and mail back to our office.

At the 2 1/2 year check-up:

- Your toddler will have a physical examination.
- Your questions and concerns will be answered.
- You will be given a developmental questionnaire to complete at home and mail back to our office.

Children's Acetaminophen Dose:

Every 4-6 hours & no more than 4 doses/day

24-35 lbs. = 1 tsp.

Children's Ibuprofen

Dose:

Every 6-8 hours

