



2 Years



HEALTH ISSUES

- Supervise all feedings. Offer healthy snack and meal choices, limiting sugars. Toddlers often don't eat meals well because they graze with snacks all day - that is fine, just make sure those snacks are healthy snacks (yogurt, peanut butter, cheeses, crackers, dry cereals).
- Avoid direct sun exposure. Use a sunblock - SPF 15-30.
- Continue fluoride supplement if recommended by your doctor.
- Brush your toddler's teeth daily with a pea-sized amount of toothpaste.

SAFETY ISSUES

- Your toddler should always be in a car seat while riding in a car
- Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, latches on cabinets).
- Do not keep 5 gallon buckets in your home (to prevent drowning).
- Avoid choke hazards (peanuts, popcorn, hard candy, whole grapes, raisins, carrot sticks, small toy pieces).
- Supervise activities, especially around lawnmowers, large dogs, cars.
- Place crib mattress on lowest setting. Place gates on stairways.

YOUR BABY SHOULD...

- Understand simple commands ("take the toy to Daddy").
- Be able to say 10-20 words or more, combining two words into phrases ("Mommy Bye-bye").
- Kick and throw a ball.
- Stack 5 blocks on top of each other. Feed himself/herself

YOU SHOULD...

- Praise your child at every opportunity.
- Talk (in adult manner) and sing regularly to your child and continue to read books to your child.
- Be consistent with rules. You decide how strict or liberal to be, just make sure you are consistent. Keep discipline brief. "Time-out" is usually effective at this age
- Expect your child to not want to share, but encourage him or her to do so anyway.
- Do not allow hitting, biting or mean behavior.
- Have a bedtime routine and put baby to bed in his or her own room.
- Offer opportunity for potty training but do not encourage unless your child seems ready (usually 18 months to 3 years).
- Be an example of the type of person you want your child to grow up to be - they are like sponges from this time on, and absorb everything around them!

YOU SHOULD CALL YOUR DOCTOR IF...

- Your toddler has any difficulty breathing
- Your toddler is not acting themselves
- Your toddler has high fevers
- You have any questions or concerns

After vaccines, it is normal for your baby to ...

- Mild fever
- Mild fussiness
- Mild redness/soreness at the injection site