

## PAVILION POINTS TO REMEMBER: 2 YEAR OLD

### Feeding

- Your child should be able to use a spoon, drink from a cup, and like to feed him or herself.
- Your child is still learning to chew and swallow efficiently and may try to eat fast (they don't like to sit and eat) increasing one's risk of choking.
- Avoid whole nuts, raw cherries with pits, hard candies, gum, whole grapes, marshmallows, popcorn, large chunks of meats/potatoes/ raw vegetables.
- Offer a variety of healthy food throughout the day and let your child decide what to eat. Don't Make it a battle.
- Vitamin supplements are rarely necessary. Limit milk to 16-24oz a day. Encourage Iron-fortified foods (meats, beans, nuts, eggs, dried fruit, green vegetables, and fortified cereals).

### Development

- Motor**  
Runs well, climbs up and down furniture without help, walks up and down stairs holding on, throws ball overhand, builds towers with 4 blocks
- Cognitive development**  
Starts to pretend play. Begins to sort shapes and colors. Names pictures in a book. Plays alongside other children. Fears things like loud sounds, certain animals, etc. Knows body parts. Interested in how things work.
- Language/Communication**  
Has more than 50 words. Their favorite word is "mine". Can group words together, speech is understandable to others half the time. Repeats words. Likes to sing. Follow simple instructions with 2 step commands.

### Sleep

- You may see regressions in sleep such as refusing to go to bed, waking up during the night and resisting naps.
- If your child is stalling bedtime it may help to give them some control like picking out the story and or pajamas. Keep a routine.
- Nightmares occur at this age. Respect your child's fears. Provide reassurance they are safe.

### Safety

- Change your child's car seat to forward facing harness in the back seat if reaching maximum height or weight limits.
- Teach safety with moving vehicles. Staying away or hold hands when near cars, lawnmowers, garage doors, etc.
- Teach water safety – watch your child constantly whenever he/she is near water. Be in arms reach at all times.
- Have your child wear a good-fitting helmet when on bikes, trikes and scooters
- Use of insect repellent and sunscreen. Remember to reapply sunscreen every 1-2 hours if getting wet.

### Behavior

- Mood swings are common as your child struggles to take control of actions and feelings. (Hence the name raging 2's)
- Your child wants independence and control. Let them make simple decisions.
- This age likes to test limits. Be consistent with simple rules focusing on safety.
- You can do time-outs for inappropriate behavior (throwing toys, hitting, etc). Keep time-outs to only 2 minutes at this age.
- This age does not like to share. Practice taking turns and praise when he/she shares.
- Try to limit TV and videos to no more than 1-2 hours each day.

### Toilet Training

- Signs of being ready for toilet training include dry for 2 hours, know when he/she is wet, can pull pants up and down, wants to learn, can tell you if she/he is going to have a bowel movement.
- Dress your child in clothing that can be easily removed.
- Create a relaxed environment. Can sing or read on the potty.
- Reward positive behavior. Do not punish accidents or unsuccessful behavior.

### What to expect at Today's Visit

- Today there is one vaccine Hepatitis A and a blood draw for lead and anemia
- Next well visit is 2.5 years old.

