



# TWO YEARS OLD

## WELL CHILD CHECK

### NUTRITION

- THREE HEALTHY MEALS WITH 2-3 HEALTHY SNACKS PER DAY
- SKIM OR 2% MILK
  - NO MORE THAN 16-24 OZ OF MILK PER DAY
- EATING SHOULD BE FUN! ALLOW YOUR CHILD TO DECIDE WHEN HE IS FULL.
- EAT MEALS AS A FAMILY WITHOUT THE TV.
- NO JUICE, SOFT DRINKS, SPORTS DRINKS, OR CHOCOLATE MILK

### YOUR DEVELOPING CHILD

- HALF OF YOUR CHILD'S SPEECH SHOULD BE UNDERSTANDABLE
- TRANSITION TO A REGULAR BED SO YOUR CHILD DOESN'T CLIMB OUT OF HER CRIB.

### BEHAVIOR

- OUR BEHAVIORAL HEALTH COUNSELORS (BHCs) ARE AVAILABLE TO DISCUSS PARENTING TECHNIQUES, BEHAVIORS, AND MORE!
- TOILET TRAINING INTEREST BEGINS. YOUR CHILD IS READY TO LEARN WHEN:
  - TELLS YOU HE IS DRY OR WET AND CAN TELL YOU WHEN HE HAS TO GO
  - PULLS PANTS DOWN
  - IS DRY FOR 2 HOURS
  - WANTS TO LEARN!
- TEMPER TANTRUMS ARE NORMAL. DO NOT DISCIPLINE WITH SPANKING.
  - PRAISE GOOD BEHAVIOR.
  - SET LIMITS.
  - USE DISTRACTIONS.
  - REMOVE FROM SITUATION

### KEEP YOUR CHILD SAFE

- USE A REAR-FACING CAR SEAT IN THE MIDDLE OF THE BACK SEAT UNTIL YOUR CHILD'S WEIGHT AND HEIGHT ARE GREATER THAN YOUR CAR SEAT'S LIMITS.
  - WHEN YOUR CHILD REACHES THE LIMITS, SWITCH TO A FORWARD FACING CAR SEAT.
- NEVER LEAVE YOUR CHILD IN WATER ALONE.
  - DROWNING CAN HAPPEN IN ANY AMOUNT OF WATER AT ANY TIME OF YEAR.
- STORE FIREARMS IN A LOCKED AREA UNLOADED.
- APPLY SUNSCREEN TO ALL AREAS OF BODY WHEN SPENDING TIME OUTDOORS (SPF 15 OR GREATER).
- KEEP MEDICATIONS AND CLEANING SUPPLIES IN LOCKED CABINETS.
- CALL POISON CONTROL CENTER (1-800-222-1222) IF YOUR CHILD EATS A POISON, MEDICATIONS, OR CLEANING SUPPLIES.

### HEALTHY TEETH

- BRUSH TEETH TWICE PER DAY WITH PEA SIZE AMOUNT OF FLUORIDE TOOTHPASTE.
- DENTIST APPOINTMENT 2 TIMES PER YEAR

### ACTIVITIES

- READ WITH YOUR CHILD EVERY DAY!
- MUSICAL INSTRUMENTS ARE FUN!
- EITHER STORE BOUGHT OR HOMEMADE
- PLAY WITH OTHER CHILDREN
- LESS THAN 1 HOUR PER DAY OF TV, IPAD, COMPUTER, AND CELL PHONE TIME

NEXT VISIT: AGE 3 YEARS

FOR MORE INFORMATION, PLEASE VISIT

[WWW.HEALTHYCHILDREN.ORG](http://WWW.HEALTHYCHILDREN.ORG)