

Pediatric Development - 2 Years

Date: _____

_____’s growth record

Weight: _____ pounds _____ ounces

Length: _____ inches

Head circumference: _____ inches

DEVELOPMENT

At this age, the typical child may:

- Use 20 or more words
- Use two-to-three-word phrases
- Follow one and two step directions
- Go up and down stairs one at a time
- Kick a ball
- Stack five blocks
- Imitate adults.

However, children vary in developmental growth. If you have concerns, please discuss them with your child’s doctor.

STIMULATION

Your toddler experiences rapid emotional, intellectual and developmental growth at this age. Your child also is beginning to develop a sense of self and to strive for independence. As a parent, you can aid this growth by:

- Reading, talking and singing with your child
- Encouraging beginner puzzles, shape-sorting toys and toys that your child can take apart and put back together
- Providing an environment with new learning experiences
- Playing hide and seek games
- Encouraging imitation and imagination
- Beginning to provide opportunities for companionship with other children
- Praising positive behaviors
- Allowing your child to make choices, acting as a good role model, encouraging good health habits and limiting television.

DISCIPLINE

The “twos” can be trying but do not have to be terrible. Understanding your child’s development will help you to understand his or her behavior. Toddlers are self-centered. They cannot comprehend others’ feelings. Most

of their behavior stems from their drive for independence and a desire to control their environment. They swing back and forth between demanding independence and clinging to their parents for comfort. Give attention and praise for positive behaviors. Correct unacceptable behaviors with minimal attention and emotion. Distraction serves as an effective means for modifying behavior. Try to anticipate misbehavior and redirect before you have to discipline. Limit situations where you must say “no.”

Consistency and routines are very important. Adequate sleep and rest periods will allow your toddler to act more positively. The most important discipline tactic is to treat your child with respect and set good examples. Your child will imitate you.

NUTRITION

Your child should eat a variety of foods and may drink two percent or low-fat milk. Vitamin supplements are not usually necessary; however, if you have concerns, please talk with your child’s doctor. Your child may have very erratic and unpredictable eating habits in which you may find frustrating. It may seem as if your child goes days without eating very much. Do not take mealtime strife personally.

Try not to worry excessively over food intake and preferences. One day’s favorites may be refused the next. Offer a variety of foods at meals and snacks and allow your child to make choices within the limits you set. Try to eat meals together. As with other behaviors, your child will learn by your example. Do not use food as a reward or punishment. Most importantly, remember to respect your child’s appetite and concentrate on developing healthy eating habits.

IMMUNIZATIONS

Your child may be receiving immunizations at the 2-year visit. Discuss with your physician which immunizations your child should receive and the potential side effects. To help with the possibility of some of the side effects, Tylenol® (acetaminophen) may be given every four to six hours over the next 24 to 48 hours. If you have any questions about your child’s reaction to the vaccine, please talk with your health care provider. Your child’s next well exam should take place at age 3.

SAFETY

Unending energy and a lack of impulse control continue to make life dangerous for your toddler. There is no substitute for close supervision. The following points should help to keep your toddler safe:

- Frequently examine your home, yard and garage to make sure they are childproof
- Remain firm with the rule that your child must sit secured in the car seat in the back seat
- Use sunscreen 30 minutes before sun exposure and reapply frequently when outdoors
- Observe playgrounds for safety
- Maintain a smoke-free environment
- Check your smoke detectors twice a year with the time changes
- Keep the poison control center number 314-772-5200 or 1-800-366-8888 near your phone
- Check the expiration date on your bottle of syrup of ipecac
- Never leave your child unsupervised around water.

TOILET TRAINING

View toilet training as a developmental task, which children accomplish at varying ages. It involves readiness and willingness on the part of the toddler and patience on your part. Strive to make it a positive process. If you would like additional reading materials, your child’s doctor can recommend them.