



## 2-year check up

### GROWTH AND DEVELOPMENT:

The two-year-old or "toddler" has learned to control his/her body, and is now able to run, walk backwards, and go up and down steps. The toddler goes everywhere and examines everything.

Toddlers will show off to their parents and like to see them laugh. Other times they want their own way, and will throw a temper tantrum when they cannot get their own way. They are learning their limits. Parents need to teach and set limits for their children. For discipline with your child, "time-outs" may work using 1 minute per age and be consistent. Also, do not give-in to their temper tantrums. Tell them this is not how to behave and ignore them during their outbursts until they stop their temper tantrum.

A two-year-old likes to talk and act like an adult. A child will repeat words, act as if they were reading the news, paper, or take off their shoes. He/she will want to do things for themselves. A two year old enjoys looking at books and listening to songs. At this age he/she should be using two word sentences. Toddlers play well alongside other toddlers, not with the older children.

At this age, children are fearful and clinging. When they are separated from their parents, even for short periods, it can be very upsetting for them. Toddlers cling because you are the most important thing in their young lives.

### FEEDING:

Toddlers may at times eat very little. Most often they will eat what they need if the meals are appetizing with different types of food, and given a small amount. Foods are eaten with a spoon or with their fingers. Because of their interest in everything around them, mealtime may be a lengthy and messy operation! Be prepared! Be patient!

### TOILET TRAINING:

The average age for bladder control is between two and three years of age. Toilet training can be started when the child has developed some muscle control. A child can let you know that he has to use the toilet. A child is ready when he/she can sit for ten to fifteen minutes. Don't force him/her to sit longer than five to ten minutes. Stay with them during that time. Let your child know how pleased you are if he succeeds. Allow the child to see the results of his effort. When your child soils his diaper, let them know you are not pleased, but don't punish or shame them. If the child does not want to be trained, do not

show anxiety or anger. Don't begin toilet training when there are stresses in his life. When a parent teaches a child bladder control, the child needs to be taken to the toilet often during the day. Use diapers until the diaper is dry most of the time at nap and night time. BE PATIENT. A child will learn he is in control of his/her own body. They will learn that using the toilet is more grownup and good behavior. He will have a feeling of pride and pleasure when he has learned to use the toilet. Remember, they like to act like adults.

### SELF ESTEEM:

Here are simple steps to teach your child with a strong sense of his own worth. Build on your child's strengths. Catch him/her when is doing something right and tell your child you are proud of him, Say "thank you" when your child is helpful and willing to help. Everyone wants to feel worthwhile and important. Encourage your child to take on new tasks. Support your child in learning new behaviors and mastering new skills. Self-esteem is gained by doing, taking action and getting involved. The more new experiences your child has, the more sure he/she will be of himself. When talking about your child, talk about his/her past successes. Start building you child's self- esteem now. It is the best gift you can give to your child and yourself.

### SAFETY:

Use an approved car safety seat always until your child weighs at least 40 pounds. The best location is in the center of the back seat. Set an example for your child and always buckle up.

Keep medicine, cleaning solutions and other poisonous substances in childproof containers, locked up and out of reach. Keep dangerous liquids in their original containers; do not put them in soda pop bottles or other containers for storage purposes. Keep the Arizona Poison Control phone number in a handy place.

### IMMUNIZATIONS:

Your child's shot record should be up-to date. Protect your child! Check with your doctor to make sure that your child is up-to-date.