PARENTING AND BEHAVIORAL
• Use picture books to enrich your child’s vocabulary. Reading books to your child will help with language development.
• Arrange times for safe running and exploring outdoors.
• Limit television viewing. Do not use the TV as a baby sitter or as a substitute for interaction with your child. Watch children’s programs with the child when possible. Turn the TV off during meals.
• Do not worry if your child becomes curious about body parts. This is normal at this age. It is best to use the correct terms for genitals.
• Discipline is very important at this age. Do not waste your time and breath arguing or reasoning with a 2-year-old. Long speeches of explanation are completely useless. “Because I said so!” should be enough for now, but as they get older more explanations will be needed. Explain the consequences of not following. Discipline should be firm and consistent, but loving and understanding. Praise your child for his or her good behavior and accomplishments.
• Encourage your 2-year-old to make choices whenever possible, but the choices should be limited to those you can live with (“Red shirt or green shirt?”). Never ask a toddler an open question (“Do you want to take a bath?”) unless you are willing to accept the answer.
• Use the two “I’s” of discipline (ignore or isolate) rather than the two “C’s” (chastise or cajole). When disciplining, try to make a verbal separation between the child and their behavior (“I love you, but I do not like when you touch the VCR.”)
• Provide alternatives. “No, you cannot play with the telephone, but you can play with these blocks.”
• Avoid power struggles. No wins! The 2-year-old still uses the temper tantrum as a weapon against parents. These occur when the child is tired, frustrated or does not get his or her way. Again, handle temper tantrums with the two I’s of discipline—ignore or isolate (time out). The 2-year-old may adopt a security object (such as a blanket, favorite stuffed toy, etc.) that he or she keeps with him or her most of the time. This is normal and the youngster will give it up when he or she is ready.
• Parents should continue to take some time for themselves. Show affection in the family.

FEEDING
• Begin seeing a dentist every 6 months.
• The child will imitate a sibling or parent in the use of a toothbrush so take advantage of this to teach brushing.
• Second molars usually appear.
• Begin seeing a dentist every 6 months.
• The child will imitate a sibling or parent in the use of a toothbrush so take advantage of this to teach brushing.
• Keep family outings with a 2-year-old short and simple. The 2-year-old is difficult, if not impossible, to reason with, but still extremely lovable. He or she will assert independence at mealtime, bedtime and during attempts at toilet training. Two-year-olds typically do not know what they want, except they are sure they do not want to do what you want them to do. The 2-year-old will struggle with his or her parents before going into the bathtub, then once in the tub, will struggle with the parents when it’s time to get out of the tub. At times, the toddler will be a “handful.” Sometimes it is too tough to parent a 2-year-old. Yet these years do not have to be “terrible,” and can be “terrific.” Your child is simply moving from babyhood to childhood. The following comments are designed to help you and your parents enjoy your year 2-year while continuing to gain confidence in yourselves as parents. This information is not intended as a substitute for well-baby visits by your child’s pediatrician. Never hesitate to ask your doctor for guidance concerning specific problems. This is the reason for regular well-baby checkups.
• The child this age has a short attention span and lengthy activities will cause the child to become irritable and tired.
• Allow any older siblings to have things they do not have to share with the 2-year-old.
• Climbs up steps alone, one step at a time holding the stair rail or the parent’s hand.
• Jumps off the floor with both feet.
• Opens doors.
• Kicks a ball.
• Can wash and dry hands.
• Climbs on furniture.
• Uses a spoon and cup well.
• Ask frequent questions: “What is that?”
• Enjoys imitating adult activities.
• Selects and uses a toy appropriately (feeds a doll, hammers pegs in a cobbler’s bench). Although this number varies with the sex of the child (girls speak more than boys), if the child has older siblings (who will speak for him or her) or if two or more languages are spoken in the house.

ORAL HEALTH
• Discipline is very important at this age. Do not waste your time and breath arguing or reasoning with a 2-year-old. Long speeches of explanation are completely useless. “Because I said so!” should be enough for now, but as they get older more explanations will be needed. Explain the consequences of not following. Discipline should be firm and consistent, but loving and understanding. Praise your child for his or her good behavior and accomplishments.
• Encourage your 2-year-old to make choices whenever possible, but the choices should be limited to those you can live with (“Red shirt or green shirt?”). Never ask a toddler an open question (“Do you want to take a bath?”) unless you are willing to accept the answer.
• Use the two “I’s” of discipline (ignore or isolate) rather than the two “C’s” (chastise or cajole). When disciplining, try to make a verbal separation between the child and their behavior (“I love you, but I do not like when you touch the VCR.”)
• Provide alternatives. “No, you cannot play with the telephone, but you can play with these blocks.”
• Avoid power struggles. No wins! The 2-year-old still uses the temper tantrum as a weapon against parents. These occur when the child is tired, frustrated or does not get his or her way. Again, handle temper tantrums with the two I’s of discipline—ignore or isolate (time out).
• The 2-year-old may adopt a security object (such as a blanket, favorite stuffed toy, etc.) that he or she keeps with him or her most of the time. This is normal and the youngster will give it up when he or she is ready.
• Parents should continue to take some time for themselves. Show affection in the family.

By age 2, your child is no longer a baby. He or she can run, has given up drinking from a bottle, and can feed himself or herself pretty well. Every day your 2-year-old says new words and does more things. In spite of these achievements, the two-year-old is still a baby in many ways. The 2-year-old is difficult, if not impossible, to reason with, but still extremely lovable. He or she will assert independence at mealtime, bedtime and during attempts at toilet training. Two-year-olds typically do not know what they want, except they are sure they do not want to do what you want them to do. The 2-year-old will struggle with his or her parents before going into the bathtub, then once in the tub, will struggle with the parents when it’s time to get out of the tub. At times, the toddler will be a “handful.” Sometimes it is too tough to parent a 2-year-old. Yet these years do not have to be “terrible,” and can be “terrific.” Your child is simply moving from babyhood to childhood. The following comments are designed to help you and your parents enjoy your year 2-year while continuing to gain confidence in yourselves as parents. This information is not intended as a substitute for well-baby visits by your child’s pediatrician. Never hesitate to ask your doctor for guidance concerning specific problems. This is the reason for regular well-baby checkups.

DEVELOPMENT
• Climb up steps alone, one step at a time holding the stair rail or the parent’s hand.
• Jumps off the floor with both feet.
• Opens doors.
• Kicks a ball.
• Can wash and dry hands.
• Climbs on furniture.
• Uses a spoon and cup well.
• Ask frequent questions: “What is that?”
• Enjoys imitating adult activities.
• Selects and uses a toy appropriately (feeds a doll, hammers pegs in a cobbler’s bench). Although this number varies with the sex of the child (girls speak more than boys), if the child has older siblings (who will speak for him or her) or if two or more languages are spoken in the house.

ASSOCIATES, P.S.C.
ADOLESCENT PEDIATRIC & ASSOCIATES, P.S.C.

Date: ______________________________________
Height: ____________________
Weight: ________________
OFC: ________________
RESOURCES
Poison Control 1-800-222-1222
American Academy of Pediatrics: www.aap.org
kidsgrowth.com
paalex.com

This information is for educational purposes only and it should be used only as a guide.

AFTER HOURS
EMERGENCIES: 1-859-276-2594

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