

2 Years

Date: ___/___/___

Patient Name: _____

D.O.B.: ___/___/___ Age: _____

Ht: _____

Wt: _____

PREVIOUS Exam: ___/___/___

Ht: _____

Wt: _____

BMI: _____

Vitamins: _____

Milk: _____

Lead Risk Assessment: _____

Foods: _____

Immunizations: _____

Next Appt.: _____

Hemoglobin/Lead Check: _____

Sleep:

- Some children may have fearful nighttime awakenings. If this happens, calm your child and have them return to sleep in their own beds.
- Establish a regular bedtime and go through a consistent, short bedtime ritual every night.
- Nap patterns may change as your child requires less sleep.

Development:

- Talk about and describe pictures in books and the things you see and hear together.
- Parent-child play, where the child leads, is the best way to help toddlers learn to talk
- Read to your child every day. Your child may love hearing the same story over and over.
- Ask your child to point to things you read. Stop a story to let your child make an animal sound or finish a part of the story.
- Use correct language; be a good model for your child.
- Talk slowly and remember that it may take a while for your child to respond.
- It is better for toddlers to play than watch TV.
- Limit TV to 1-2 hours or less a day.
- Do other activities with your child such as reading, playing games, and singing.
- Be active as a family.
- Praise your child for behaving well.
- It is normal for your child to protest being away from you or meeting new people.
- Give your child choices between 2 good things in snacks, books, or toys.

Toilet Training:

- Signs of being ready for toilet training:
 - Dry for 2 hours
 - Knows if he/she is wet or dry
 - Can pull pants down and up
 - Wants to learn
 - Can tell you if he/she is going to have a bowel movement
- Plan for toilet breaks often. Children use the toilet as many as 10 times a day
- Help your child wash his/her hands after toileting and diaper changes and before meals.
- Clean potty chairs after every use.
- Take the child to choose underwear when he/she feels ready to do so.

Accident Prevention:

- Continue to use an approved car safety seat.
- Everyone should wear a seat belt in the car. Do not start the vehicle until everyone is buckled up.
- Poison Control # 800-222-1222.
- Do not let your child play unsupervised around the street or driveway.
- Keep your child away from moving machines, lawn mowers, streets, moving garage doors, and driveways.
- Have your child wear a good fitting helmet on bikes and trikes.
- If there is a gun in the home, make sure it is stored unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in the homes where your child plays. If so, make sure they are stored safely.

Healthy Teeth:

- Help your child brush teeth twice a day. After breakfast and before bed.
- Use a pea sized amount of toothpaste with fluoride.
- Your child should visit the dentist at least twice a year.

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