

PHOENIX PEDIATRICS LTD

602-242-5121

Well Child Check (WCC) – Two (2) Year Visit

Date: _____

Name: _____

Age: _____ Weight: _____ Height: _____

Nutrition

Family meals are important for your child. Letting your child eat with you makes her feel like part of the family. Let your child feed herself. Your toddler will continue to improve using the spoon, with fewer and fewer spills. It is good to let your child help choose what food to eat. Be sure to give her only nutritious foods from which to choose. For many children, now is the time to switch from whole milk to 2% milk.

Feeding patterns continue to be irregular. It is not unusual for your child to eat well only every 3-4 days. Many times they just aren't hungry. When your child is not hungry, please don't force her to eat. It only teaches her to eat to please you, not herself. An unfortunate result can be to eat when they are not hungry – a characteristic of overweight adults. As long as your child is growing well, don't worry. She will eat what she needs to grow. It is very important for your child to be completely off a bottle.

Teething

If your child is able to spit, brush his teeth with a small (pea-sized) amount of children's toothpaste. Brush his teeth after every meal.

Development and Discipline

At this age, children often say "no" or refuse to do what you want them to do. This is normal and involves testing the rules that parents make. Parents need to be consistent in following through with reasonable rules. Your rules should not be too strict or too lenient. Enforce the rules fairly every time. Be gentle, but firm with your child even when the

child wants to break a rule. Here are some good methods for helping children learn about rules and to keep them safe:

- Child proof the home. Go through every room in your home and remove anything that is valuable, dangerous or messy. Preventative child proofing will stop many possible discipline problems. Don't expect a child not to get into things just because you say "no".
- Divert and substitute. If a child is playing with something you don't want him to have, replace it with another object or toy he enjoys. This approach avoids a fight and does not place children in a situation where they'll say "no".
- Teach and lead. Have as few rules as necessary and enforce them. These rules should be rules important for the child's safety. If a rule is broken, after a short, clear and gentle explanation, immediately find a place for your child to sit alone for two (2) minutes. It is very important that a "time-out" comes immediately after a rule is broken. Make consequences as logical as possible. For example, if you don't stay in your car seat, the car doesn't go. If you throw your food, you don't get any more and may be hungry. Be consistent with discipline. Don't make threats that you cannot carry out. If you say you are going to do it, do it.

Some children at this age are showing signs that they are ready for toilet training. When toddlers report to parent that they have wet or soiled their diaper, they are beginning to be aware that they prefer dryness. This is a good sign and you should praise your child. Toddlers are naturally curious about the use of the bathroom by other people. Let them watch you or other family members use the toilet. It is important not to put too many demands on a child or shame the child during toilet training. When your child does use the toilet, let her know how proud you are.

Remember daytime control comes first – but complete day/night control may not come until 3-4 years old. Remember 6% of 7 years olds still have accidents.

Spend time teaching your child how to play. Encourage imaginative play and sharing of toys, but don't be surprised that 2 year olds usually do not want to share toys with anyone else.

Mild stuttering is common at this age. It usually goes away on its own by the age of four (4). Do not hurry your child's speech.

It is important to set rules about television watching. Limit total TV time to 1 to 2 hours per day. Watch television with your child. Ask your child questions about what the characters were doing and how they were feeling. Children should not be allowed to watch shows with violence or sexual behaviors. Find other activities you can do with your child. Reading and physical activities are good alternatives to TV.

Safety

- Use an approved toddler care set correctly
- Sometimes toddlers may not want to be placed in car seats. Gently, but consistently, put your child into the car seat every time you ride in the car
- Give the child a toy to play with once in the seat
- Parents wear seat belts
- Never leave your child alone in a car
- Keep gates to pools closed and locked

Immunizations

Your child may receive vaccines today. Your baby may also have some soreness, redness and swelling in the area where the shots were given. For swelling or soreness, put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort. If redness increases or fever occurs, call us for an appointment.

Offer _____mg acetaminophen (Tylenol) every 4 to 6 hours as needed for pain and fever.

Next Visit

Well child care by your pediatrician is now on a yearly basis usually during the birthday month. Your child's growth and development slow down to a gradual, more steady course. Many diseases and problems are slower to develop and hence, your child needs less frequent, yet regular physical exams. Before starting school you child will need more vaccinations.