

CMA 2 Year & 2 1/2 Year Well Child Visits

Development

What most children do by this age:

- Stack 5-6 blocks
- Kick a ball, runs, jumps
- Go up/down stairs one at a time
- Eats with a spoon
- Takes some clothes off
- Can twist things like turning a doorknob
- Use 2- word phrases
- Points to at least 2 body parts
- Plays next to other children
- Follows 2 step commands
- Points things in a book when asked things like “where is the bear?”
- Say 20-25 words or more

Nutrition/Feeding

- Offer 3 meals/3snacks a day
- Serve low-fat/skim milk or dairy equivalent to 16-24oz/day
- Toddlers have definite likes and dislikes; appetites vary from day to day
- If picky eater provide healthy choices in small portions
- Avoid choking hazards: hard candy, gum, peanuts, popcorn, raw carrot sticks, whole grapes. Cut hot dog lengthwise in tiny pieces
- Avoid using food as a reward

Hygiene

- Brush teeth twice a day with a tiny smear of toothpaste, once by parent and once with water by child
- Dental visits 1-2 times a year
- Nothing to drink except water after brushing at night
- **Maintain good hand washing practices**

Potty Training

- First allow to sit on potty with clothes on; once willing, try it with the diaper off
- Schedule regular periods for sitting on potty
- Praise successes, do not punish accidents
- May not show interest until 3 years old or beyond. If child not interested, delay training until child is ready.

Sleep

- May take 1-2 naps a day
- May resist going to sleep at night; give choices at bedtime to give sense of control, use night light, provide security object
- May experience nightmares

Safety

- Use car seat
- Never leave alone in the car

- **Safety proof home:** no exposed outlets; keep cords, medicines, chemicals out of reach; locks on cabinets; smoke detectors on every floor; fire escape plan; water temperature less than 120 degrees; safety gates on top and bottom of stairs; open windows from tops or protect open windows with barriers that toddler can not push out
- If weapons in the home, keep unloaded and locked out of sight
- Remove all small objects that toddler can choke on
- Avoid smoke in environment
- Keep pot handles facing inside of stove
- Keep Emergency numbers and Poison Control numbers (1-800-222-1222) near phone at all times
- Keep crib away from window and curtain cords
- Limit sun exposure/use sunscreen SPF 15 or higher when outside for extended periods
- Never leave alone in tub or around containers of water such as toilets, wading pools, buckets
- Do not leave alone with young sibling
- Teach street safety and always supervise outdoor play

Stimulation/Activities

- Read to child every day
- Books to identify people/objects
- Sing/dance/cuddle together
- “Hide and seek”, “pretend”, “dress-up”
- Talk, name objects, describe what you and others are doing
- Simple puzzles, large crayons, play-doh
- Large muscle activity; running, jumping, climbing, large riding toys
- Musical toys/instruments
- Limit screens (TV, tablets/phones) to child centered programming and video chats with family/friends
- Provide opportunity to interact with peers

Discipline

- Reward good behavior
- No spanking or child may think it’s ok to use violence to solve problems
- Pick and choose your battles
- Try gentle discipline and distraction first
- Brief parent or child time out if necessary
- Consistency is essential--everyone in the family should have the same rules

Next Well Child Visit at 30 and 36 months old

*See CMA links page for more helpful health information: www.cmanva.com