

Age: 2 years old

NUTRITION

Toddlers at this age should be eating 3 meals per day plus a couple of healthy snacks. Try to include vegetables, grains, fruits, and dairy products. For food suggestions check out the following web site: www.mypyramid.gov. Avoid foods that your child may choke on including nuts, popcorn, whole grapes, hot dogs, hard candy, and gum. Let your child sit at the table with the family at mealtime and feed himself. If your child chooses not to eat the prepared meal, do not give him/her another choice. This will help discourage "picky eaters". Children will eat when they are hungry.

DISCIPLINE

Toddlers are very curious and want to be the boss. They can be stubborn and demanding. This is normal behavior. Trying to reason with or punish your child during temper tantrums will only make them last longer. It is best to put the child in a safe place and "ignore" the episode until it stops. Make consequences for bad behavior as logical as possible. Use 2 minute "time-outs" as needed for unwanted behavior. Be consistent with discipline and don't make threats that you cannot carry out.

DEVELOPMENT

Spend time teaching your child how to play. Imaginative play is great for a toddler. Read to your child daily. Encourage your child to name objects. Be sure to praise your child for doing things that you like. Mild stuttering is normal at this age. Limit TV time to 1-2 hours per day.

TOILET TRAINING

Most toddlers are showing signs of being ready to potty train at this age. When your child can tell you he's wet or dirty, that's an encouraging sign. Let him/her watch the toileting routine to get him interested in the concept. Do not be overly demanding during toilet training and remember to give positive praise for a job well done.

SAFETY

Accidents are the number one cause of death in children. To promote safety for your child:

1. Always use an approved car seat. After one year, toddlers can face forward in the car.
2. Don't smoke around the children.
3. Never leave your toddler unattended in the bathtub or around standing water of any kind.
4. Keep all medicines, vitamins, cleaning fluids and chemicals locked away or out of reach.
5. Keep the poison control center number by the phone (1-800-222-1222).
6. Install safety latches on all cabinets and put covers over electrical outlets.
7. Check your smoke detectors and fire extinguishers routinely.
8. Turn handles of pans away from stove edge. Don't leave hot liquids or curling irons on countertops.
9. Provide a play area where balls and rolling toys cannot roll into the street.
10. Hold your child's hand at all times around traffic.

IMMUNIZATIONS

Infant immunizations are usually completed by this age. Talk to your doctor about needed immunizations.

FEVER

There is no "emergency room" fever. No specific temperature should carry you directly to the ER. Fever is our body's way of fighting infection. It is a natural reaction that helps us. At the same time, it can make you feel miserable. If your child has a fever AND is feeling poorly, then it is important to give Tylenol or Ibuprofen to bring the fever down and make him/her feel better. You can also try a lukewarm bath to bring down the temperature if needed.

TYLENOL (acetaminophen) DOSING

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
18-23 pounds	infant drops	1 ½ dropper (1.2ml)	4-6 hours
	children's liquid	¾ tsp.	4-6 hours
24-35 pounds	infant drops	2 droppers	4-6 hours
	children's liquid	1 tsp.	4-6 hours
36-47 pounds	children's liquid	1 ½ tsp.	4-6 hours
	chew tablets (160mg)	1 ½ tabs	4-6 hours

ADVIL/MOTRIN (ibuprofen) DOSING

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
18-23 pounds	infant drops	1 ½ dropper (~2ml)	6-8 hours
	children's liquid	¾ tsp.	6-8 hours
24-35 pounds	infant drops	2 droppers	6-8 hours
	children's liquid	1 tsp.	6-8 hours
36-47 pounds	children's liquid	1 ½ tsp.	6-8 hours
	chew tablets (100mg)	1 ½ tabs	6-8 hours

WHEN TO CALL

You should call the doctor if your child develops irritability or fever lasting >48 hours, diarrhea, vomiting, or any other symptoms you are concerned about.

NEXT VISIT

Your child's next appointment should be at 3 years of age.

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