

# Two Year Check Up

Well Child Appointments can be made online at [AustinRegionalClinic.com](http://AustinRegionalClinic.com).



Your baby's length, weight, head size, along with health screens and immunizations performed will be in the **After Visit Summary (AVS)** that your baby's provider or nurse will give you at the end of the visit. You can also view this information on [MyChartARC.com](http://MyChartARC.com)

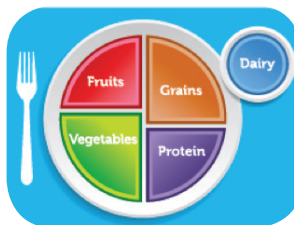
## NUTRITION

**Your child will experience slower growth during this stage.** Between 1 and 5 years of age most children gain about 3 to 5 pounds a year. As parents, you continue to be **the most important role model** and have the greatest influence on the development of your child, including their eating. Below are some recommended tips:

1. A consistent meal schedule should be part of your diet. Routinely provide 3 meals and 2 to 3 snacks per day. With set times for meals and snacks, your child will be hungry and ready to eat.
2. **"Parents provide and the child decides."** The parent's job is to provide optimal nutrition for our child. This involves planning what the family eats, when the family eats, and where the family eats. The child's job is to decide how much to eat and whether they eat what is offered or wait until the next meal/snack. Picky eating, food refusals and food jags—liking something one day and not the next—are normal parts of your child's development. Never force your child to eat more. Parents need to avoid falling into a pattern of offering only what the child likes or offering less nutritious alternatives because the child refuses what is offered.
3. **Fill half of your child's plate with fruits and vegetables at mealtimes.** Remember: it can take up to 12-15 times of presenting a vegetable before a child will even try it; don't give up! Never force a child to eat a vegetable—this will just create a battle and control issue—and try not to reward a child eating their vegetables with dessert. Remember: **THE CHILD DECIDES how much to eat. PARENTS DECIDE to keep offering it to them.**

The MyPlate visual diagram below is a helpful guide when planning meals (for more information, please visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov)).

4. **Snacks:** Children's stomachs are small and they will not eat much at each meal. Therefore, think of snacks as mini-meals. **Fruits, vegetables and proteins are better snack choices than crackers, cookies and candy.** Sweets can be part of the meal, but they should be thought of as an occasional treat and not a daily routine.
5. **"Good nutrition is a family affair." Parents are the most important role model for their children. Look down at your own plate and see what types of food you're modeling for your child to eat.** Eating together promotes healthy nutritious habits, so sit down for family meals daily.
6. **Provide at least 1 hour of physical activity for your child per day.** At this age, the most enjoyable way to encourage this is to just let your child have supervised outdoor playtime. Limit your use of objects like a stroller that keeps your toddler inactive.
7. **Water and milk are the best drinks for your child. At 2 years you should offer your child 1 % or skim milk rather than whole or 2% milk.** Soda, sports drinks, fruit drinks, and even 100% fruit juice all contain a large amount of sugar, so try to provide almost none of these beverages for your child. **For more information on how to encourage healthy habits, please visit: [www.healthychildren.org/growinghealthy](http://www.healthychildren.org/growinghealthy)**



### Online Access: Day or Night

- View your child's medical records
- Print your child's shot records any time
- Book your child's next appointment
- Review your child's After Visit Summary

— **Enroll Today** —  
Visit [MyChartARC.com](http://MyChartARC.com)

8. **Typical amounts eaten:** Many parents this age feel that their child is not eating enough. We provide the following information to help reassure you about typical amounts a 2 year old might eat. Your child is best at determining how much their body needs. They will eat what they need.

**Protein:** 2 year olds need to eat, on average, about 2 ounces of protein per day. An ounce equivalent of protein equals 1 ounce of meat, fish, or poultry; one egg; 1 tablespoon of nut butter; 1/4 cup of cooked beans or lentils; 1/8 cup of tofu.

**Vegetables:** 2 year olds need to consume, on average, about 1 cup of vegetables per day. Examples for the daily intake might be 1/2 cup of broccoli plus 1/4 cup of red bell pepper and 1/4 cup cooked carrots.

**Fruits:** 2 year olds need to consume, on average, about 1 cup of fruit per day. Examples for the daily intake might be 1/2 cup quartered grapes plus 1/4 cup unsweetened applesauce and 1/4 cup banana.

**Dairy:** 2 year olds need to eat, on average, about 2 cups (500mL) of dairy products per day. **We do advise limiting milk intake to less than 32**

**oz (900mL) per day.** One cup of milk is equivalent to approximately 1.5 ounces hard cheese and 8oz yogurt.

**Grains:** 2 year olds need to consume, on average, about 3 ounces of grains per day. Offer as many whole wheat or whole grain products as possible. How much is in an ounce of grains? An ounce of grains equals one slice of bread, one 6 inch tortilla, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked pasta, rice, posole or cooked cereal.

## Is My Child Overweight/Obese?

Obesity is associated with significant health problems during childhood and places your child at increased risk for medical problems as an adult.

**A Body mass index (BMI) between the 85th and 95th percentile is considered overweight, and a BMI above the 95th percentile is usually considered obese.**

BMI will be calculated at each of your child's well visits starting at 2 years of age. You can see your child's BMI on your paperwork we give you after your visit or on your child's MyChart account.



## DEVELOPMENT

### Social

**In the coming year, your child will be working to increase independence from you and the other members of your family** and challenge the rules that family and society have set. It is likely that you have already seen signs of "the terrible twos." It is common that your child will flip-flop in needs and demands. At times they will cling to you and at others they will run in the opposite direction and defy you. Acknowledge and accept these changes.

### Behavior Management Tips

- **Reward desired behaviors.** Don't take good behavior for granted; try to catch your child "being good." Watch for behavior you like, then praise your child. At these times, move close to your child, look them in the eye, and smile to express affection.

A parent's attention is your child's favorite reward.

- **Make sure that your child is getting enough sleep.** The average 2 year old sleeps 11-14 hours a day. Overnight sleep is generally 10-12 hours and the afternoon nap usually lasts about 2 hours.
- **Recognize that children at this age are selfish and self-centered.** Expecting a two-year-old to share is not realistic; however, you will need to intervene if they snatch toys from playmates or are aggressive. Teachers do this by reminding children that the toys belong to the family (or class) and your child can have the toy when the other child is done. Teach your child that they will know the playmate is done when they put the toy down.
- When you see your child starting to get angry or "worked up", try to turn their attention and energy to a new activity that is more acceptable.
- **Concentrate your discipline efforts on major problems.** Top priority should be safety issues, such as not running into the street, and behavior that can harm others, such as biting and hitting. Of next importance is behavior that can break things.
- Ignore harmless misbehavior such as whining and tantrums.
- If a tantrum involves harmful behavior, such as hitting or biting, then calmly place your child in time-out. **Time-out is the most effective discipline technique available to parents of young children.** It is used to interrupt unacceptable behavior by removing the child from the scene to a boring place, such as a playpen, chair, or the corner of a room. Time-out should last approximately a minute for each year of age, or until your child is calming down.
- After a time-out, make your child welcome back into the family circle and do not comment upon the previous misbehavior or ask for an apology.
- Change your child's surroundings to eliminate access to objects or situations that could cause problems. Take fragile or dangerous objects out of reach. Block stairways, kitchens, and other off-limit areas with gates. Fence in the yard.
- Be clear about what the unacceptable behavior is and restate the preferred behavior. "We don't hurt the dog, we pet the dog."
- Don't use physical punishment (spanking). If you do, you are teaching your child that it is ok to hit or hurt another person to solve problems. (see our 18mo handout)

- If you are in a public place and your child's behavior is out of control, it is better to leave without discussion or fuss. Teach your child that the consequence of public meltdowns is that your child doesn't have the chance of going to those places with their parent next time.
- Monitor television, app and video viewing. "Screen" time you offer should be shared with you and your child to improve their learning. Set a family rule of no screens (even for yourself) at meal time and in the hour before bedtime. We recommend no fast-paced videos or videos that show fighting of any kind at this age. Preschool children who watch those are more aggressive and may have more difficulty with attention. Limit screen time to an hour or less per day.

## Language

**By 2 years of age your child should have a vocabulary of at least 50 words and should be able to put 2-3 words together.**

In regards to articulation or pronunciation, a stranger should be able to understand at least half of what your 2 year old says. If your 2 year old has not mastered these skills, discuss your concerns with his provider; in addition, refer to the section below on **Early Childhood Intervention (ECI) programs.**

**Reading to your youngster as a part of your daily routine will help enrich your child's vocabulary and language skills.** Choose activity-oriented books that encourage pointing, touching, or naming of objects. Children this age also enjoy books with patterns, for example, the book [The Very Hungry Caterpillar.](#)



### Developmental Concerns?

If you believe that your child is delayed or has a condition that could lead to delays, please ask your doctor to refer you.

You may also call **1-800-628-5115** or visit the ECI website at **[dars.state.tx.us/ecis](https://dars.state.tx.us/ecis)** for the ECI program closest to you.

## Normal Developmental Non-fluency (AKA Stuttering)

**Children between ages 2 and 5 often have periods of non-fluency or stuttering.** Nonfluency refers to difficulty in speaking that involves repeating first sounds, words, or using fillers such as "uh-uh-uh." Nonfluent

speech tends to last a month or two and may come and go. Try not to correct your child's non-fluencies; these will fade in time. If your child's facial muscles look tense or your child experiences a "block" (no voice or airflow for several seconds), then they may be having a significant problem with stuttering. Please discuss this with your primary care provider.



## Cognitive/Learning

**You will notice abstract thought developing as your child's play changes from being purely imitation to a more advanced play called imaginary play.** An 18 month old will follow you around with a rag, wiping the car, imitating you as you wash your car. A year later, a 2½ year old may dip a t-shirt from the clothes rack into the dog water bowl and clean their bike. They are no longer imitating parents. They are inventing a cloth, a water bucket, a car, and are imagining themselves as a grown-up. Your child is entering the wonderful and magical world of imaginary play.

## Learning Milestones Between 2–3 Years of Age

- Plays make believe with dolls, animals, and people
- Sorts or groups objects by shape and color
- Completes puzzles with 3 or 4 pieces
- Understands concept of "two", can count 2 objects and understand

## Movement Skills

Two year olds have a tremendous amount of energy and seem to be continually on the go. Coordination and muscle skills are developing rapidly at this age. Running, jumping, kicking, and climbing activities will consume much of your 2 year old's day. During active play, attention span may seem even shorter than before. Be patient; the constant activity is needed to develop coordination and strength.

Set aside times that your child can go outside to run, play and explore. Many children will be better behaved if they have at least an hour outside every day.

## TOILET TRAINING

Your child is considered toilet-trained when, without reminders, they walk to the potty, pulls down pants and underwear, urinates or passes a bowel movement, and pulls up clothing again. Accomplishing this complex behavior can be difficult for some children, so don't begin toilet training until your child is clearly ready. Most children are ready to toilet-train between 2 and 3 years of age. Some learn bladder control first and others start with bowel control. Almost all children are ready for toilet training by 3 years of age or soon after. Waiting until your child is ready and willing to toilet train will make the task easier for everyone.

### Tips to help your child become ready to toilet-train:

- Make sure that your child understands the toileting vocabulary (pee, poop, potty, etc...). Make sure that your child knows that everyone goes pee and poop. Teach them that people go pee and poop in toilets or potties. Let your child watch you use the toilet. Start reading toilet-training books with your child.
- Change your child frequently so they will become accustomed to and prefer being clean. Teach your child to come to you when they are wet or soiled. Your child must want to be clean before you can think seriously about toilet training.
- Buy a floor-level potty chair. Having their feet touch the ground will help provide a sense of security and control. Take your child to buy the potty chair. Make it clear that this is their own special chair. If at first they want to sit on the chair fully clothed or just want to sit and read books on it—let them.



## DENTAL CARE

### The following strategies can help prevent tooth problems:

- Brush your child's teeth with a soft nylon toothbrush twice a day using a small amount (smear) of a fluoride-containing toothpaste.
- Limit fruit juice and other sugary beverages. Our dentist colleagues advise drinking milk or any juice only during meals and offer only water between meals. This reduces cavities.

- Do not share eating utensils or drinks with your baby to reduce exposure to cavity-causing bacteria from your mouth.
- Drink fluoride-supplemented water.

For patients insured by Medicaid, you can find a dental provider for your child [www.tmhp.com](http://www.tmhp.com), or calling the THSteps Hotline at 877-847-8377.

## SAFETY

### Injuries are the leading cause of death in children younger than 4 years of age. Most of these injuries can be prevented.

Often, injuries happen because parents are not aware of what their children can do. Children learn fast, but your child doesn't understand dangers. They are at special risk for injuries from falls, drownings, poisons, burns and car accidents.

## Car Safety

Car accidents are the greatest danger to your child's life and health. To prevent these injuries, correctly USE a car safety seat EVERY TIME your child is in the car. Now that your toddler is two years old, you may turn the car seat to face forward. They should stay in a 5-point-harness car seat until they outgrow it (usually well past 4 years old). Do you have questions about how to put your car seat in the car? Call 1-866-732-8243 or look at [seatcheck.org](http://seatcheck.org) (click Car Seat and then Get Your Seat Inspected) to find a certified technician who will check it for free.

### The safest place for all children to ride is in the back seat.

**Do not allow your child to play in the street or driveways. Walk behind your car before you backup your car to be sure no one is behind you.** You cannot always see your child through the rear view mirror. We do recommend cars with backup cameras for families with children.

## Prevent Choking

Many food related choking deaths can be prevented by making sure food is always cut into small pieces and having your child eat while sitting down. Don't feed your child hard pieces of food. Remember: no chips, popcorn, or nuts until your child can grind them with their back teeth—after four years old. Avoid giving your child whole grapes or whole, unsmashed beans until 4 years old as well.

- Small button (circular) batteries, balloons, and small magnets become dangerous in your toddler's hands. Swallowing or putting them into their nose can put your child in the hospital. Make sure to keep them out of areas where your toddler plays.



## Prevent Falls and Injuries

- Place gates on the top and bottom of stairways.
- Install window locks on all windows on the 2nd floor and higher.
- Remove or cushion any sharp edged furniture in case your child falls against it.
- Strap your baby in properly at all times when in a stroller, high chair, or any other seats.
- Place electrical cords out of a child's reach, and teach kids not to play with the cords.

### To help keep kids safe from furniture and TV tip-overs:

Secure all dressers, bookcases, entertainment units, TV stands and TVs into the wall's studs. Do not place televisions on top of furniture that is not designed for TVs, such as on dressers, as they can tip over more easily.

## Prevent Drownings

**Keep your child within an arm's reach around water.** Never leave your child alone in or near a bathtub, pail of water, wading or swimming pool, or any other water—even for a moment. If you have a swimming pool, fence it on all sides with a fence at least 4 feet high, and be sure the gates are self-latching. Most children drown when they wander out of the house and fall into a pool that is not fenced off from the house.

## Prevent Burns

- **Keep your child out of the kitchen while you are cooking.** If your child is under foot, hot liquids, grease and hot foods can spill on him or her and cause serious burns.
- **Remember that kitchen appliances and other hot surfaces such as ovens, wall heaters, irons and outdoor grills can burn your child long after you have finished using them.**
- **Set the maximum temperature of your hot water heater to 120°F or less.** This prevents burns if your child were to play with the faucet and successfully turn on the hot water.
- **All homes should have smoke alarms and carbon monoxide detectors.** Test the batteries on your smoke alarm every month to be sure that they work. Change the batteries twice a year on a date you'll remember, such as Daylight Saving Time and Standard Time change dates.

If your child does get burned, immediately put cold water (not ice cold) on the burned area. Then cover the burn loosely with a bandage or clean cloth. Call your doctor for all burns.

## Prevent Excessive Sun Exposure

**Avoid the sun during the hours of 10am to 4pm.** If outside, stay in the shade, use a hat to protect your child's face, and use a sunscreen with SPF 30 or greater that prevents against UVA and UVB rays. Sun exposure during childhood can cause skin cancer and premature aging of the skin later in life.

## Prevent Poisonings

Your child will be able to open any drawer and climb anywhere curiosity leads.

**Your child may swallow anything he or she finds.** Our households have many dangerous things:

- Keep household products and medicines safely capped and out of sight and reach. Keep all products in their original containers.
- Liquid laundry and dishwasher packets have proven to be dangerous to toddlers. Keep them up high and out of reach.
- Keep vapes and e-cigarette parts and liquid up high and out of reach as well.

If your child does put something poisonous in his or her mouth, call the poison help line immediately. Do not make your child vomit. **Add the Universal Poison Control Number (1-800-222-1222) to your cell phone contacts or download the app from American Association of Poison Control Centers called WebPoisonControl.** This will guide you on what to do in case of a possible poisoning.

## Prevent Lead Exposure

Children can be exposed to lead by living in homes older than 1978, that might have lead-based paints. They also can be exposed by a family member's jobs or hobbies. Lead in your child's body can cause learning problems. There is a questionnaire your doctor will give you that can help us decide whether or not your child is at risk.

## Prevent Gun Injury

If you have children, it is best to not have a gun in your home. For those who keep a gun in the home, follow these safety rules:

- Always keep the gun unloaded and locked up.
- Lock and store the bullets in a separate place.
- Hide the keys to the locked boxes.

## RESOURCES

### Books

*Caring for Your Baby and Young Child: Birth to Age 5*, from The American Academy of Pediatrics.

*Your Baby and Child: From Birth to Age 5*, by Penelope Leach

*Toddler 411: Clear Answers and Smart Advice for Your Toddler*, by Ari Brown, Denise Fields

### Websites

[www.healthychildren.org](http://www.healthychildren.org)

A parenting website developed by the American Academy of Pediatrics. Now available in Spanish.

[www.healthychildren.org/English/media](http://www.healthychildren.org/English/media)

Set a family media plan to help establish a healthy balance of family time and "screen-time" for your family.

[www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents)

[www.vaccineinformation.org](http://www.vaccineinformation.org)

Rich websites with information on vaccines and the stories of those who lives have been touched by vaccine-preventable illness.

[www.cdc.gov/parents/essentials](http://www.cdc.gov/parents/essentials)

Frustrated with discipline? This resource gives great how-to modules on parenting.

[www.zerotothree.org/parenting-resources](http://www.zerotothree.org/parenting-resources)

This is another parenting resource that discusses common parent struggles and solutions.

[Make Safe Happen](#)

An app available for iPhone and Android that gives a room-by-room checklist of how to keep your child safe.

[www.common SenseMedia.org](http://www.common SenseMedia.org)

Common Sense Media helps families make smart media choices, with ratings of apps, games and movies.

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**24-Hr Phone Nurse**  
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