

2 YEAR CHECK-UP

Terrible Twos!

Be prepared, your toddler is entering the "terrible twos"!

NUTRITION

This is the time to switch from whole milk to 2% milk. Encourage your child to drink milk and juice from a cup now. Your toddler does not need juice, you can, however give up to 4 oz. per day for constipation.

Your toddler will get better at using the spoon, with fewer and fewer spills. It is good to let your child help choose what foods to eat. Be sure to give her only healthy foods to choose from.

Toddlers should eat small portions from all food groups: fruits and vegetables, dairy products, and cereals and grains. Try to give her a little bit of what the rest of the family is eating.

Toddlers, at this age will eat 3 meals and 2 to 3 snacks each day. Do not combine TV viewing with mealtimes. Children will not realize when they are full, and will lead to obesity and other health issues in the future.

DEVELOPMENT

By this age your baby will be:

- Able to walk without support and climb and run
- Stack 3 to 4 blocks, kick and throw a ball
- Say at least 10 words and can point to a couple of body parts
- Imitate what you are doing, sweeping, dusting, or washing play dishes can be fun for children.
- Puckers lips and kisses

BEHAVIORAL

- At this age, children often say "no" or refuse to do what you want them to do. Be gentle but firm with your child even when the child wants to break a rule.
- If you don't want your child to do something, distract him with something more interesting. Realize that he is only testing your rules, and being consistent will eventually get you what you want.
- Stick to consistent routines
- Let your child make some choices, the ones that don't count, like which color spoon to use, and be sure to accept it.
- Prepare your child if the routine needs to be changed, like a party on the weekend. Make sure he gets enough rest during the day.



**LATA SHRIDHARAN
MD, FAAP**

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TERRIBLE TWOS!

Paste your child's picture here

- Warn him a few minutes before you plan to stop a fun activity, like "we have time for one more story and then we are going to bed."
- Be positive, praise more and scold less.

SLEEP

Your toddler needs 10 to 12 hours of uninterrupted sleep at nighttime with 2 or 3 naps during the day. Some toddlers might start to wake up more at this age due to their new found independence. Do not restart the bottle as he is not hungry. Set a bedtime routine and try transitional objects to help him learn to self soothe and fall asleep on his own. Develop a bedtime routine like reading a book, singing a lullaby, turning the lights out, and giving a goodnight kiss. Make the routine the same every night

TEETHING

Teeth erupt anytime from 6 months to a year of age. Babies could have teething issues until 2 years of age. Massage their gums with your clean fingers or use OTC pain gels for relief. It is okay to give Tylenol or acetaminophen once in awhile. If your baby has any other symptoms, let your doctor know.

After meals and before bedtime, clean your toddler's teeth with a clean cloth or very soft toothbrush.

SAFETY

Child-proof the home. Pad furniture with sharp corners. Keep sharp and small objects out of reach.

Do not give food items that might choke. Use the back burners on the stove. Keep all electrical appliances out of the bathroom.

Do not leave the baby alone, except in a crib. Always use a child-size car seat while travelling by car. The safest place for the baby is the back middle seat.

Never leave toddler in a bathtub alone, not even for a few seconds!

Keep all medicines, vitamins, cleaning fluids, and other chemicals locked away. Poison Hotline: 1-800-222-1222

DO NOT smoke around your baby or allow smoke in your home. Exposure to smoke causes more respiratory infections and increases chances of ear infections & SIDS.

Use caution while holding your baby and drinking hot liquids.

NEVER shake a baby.

IMMUNIZATION

Your baby may receive vaccines at this visit. He can get a fever with the shots and it is okay to give acetaminophen drops.

Thank you for letting us be a part of your child's life!



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"Children are love made visible" – A Saying