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PEDIATRIC HEALTH CARE

TWO YEAR EXAM

WEIGHT:_____LBS._____OZ. **LENGTH:**_____IN.
_____% _____%

FEEDING:
Don't worry if your child's appetite decreases—this is normal. This may last for years—the "Picky Eater Syndrome". Consider a daily multivitamin. Offer small portions of colorful food from all the food groups. Many children appear thin at this age. Eating should be a table activity only. Try to include your child in family meal time. Running around while eating can cause choking. Continue brushing teeth.

DEVELOPMENT:
Your child can jump, kick a ball, climb stairs, stoop, scribble, build block towers, turn pages of a book, and use two-word sentences. Continue reading books—this helps build his/her vocabulary. Reading is not just for bedtime anymore!

SAFETY:
You may now turn your child's car seat to a front-facing position (as long as your child is at least 20 pounds). Ask us if you have questions.
Watch driveways and parking lots, always hold the child's hand. Watch out for matches and lighters, tools, plastic bags, and poisonous cleaning supplies. Never leave a child in a car unattended. Watch fingers when closing car doors and windows. Watch out for potential burns and falls. Anticipate potential for accident prevention! Get your child used to wearing a bike helmet.

IMMUNIZATIONS:
Catch up. No more until age 4.

PROBLEMS:

DISCIPLINE: Remove dangerous and breakable item from the environment to avoid constantly saying "no". Be consistent. At this age, expect frustration, negativism, and temper tantrums. A "time-out" place may work well in controlling negative behavior. Offer your child something else to do in place of the unfavorable behavior. Don't forget praise for good behavior.

TOILET TRAINING: Children vary in their readiness, especially regarding bowel movements. Do not be concerned if your child does not show readiness (boys are generally slower than girls). Give positive reinforcement.

FEARS: Some children develop fears of loud noises, the dark, and water in the bathtub. Reassure your child and don't force the feared object upon him/her. Gradually reintroduce these items that are feared and read books on the subject with him/her.

NEXT VISIT:
See you at 3 years of age.

Teach your child empathy, to see things from another's point of view.