

YOUR GROWING CHILD: 2 YEARS

Immunization:

No further immunizations are required until 4-5 years of age.

Diet:

Your child will probably continue to have particular food likes and dislikes and may ask for a particular food repeatedly. As long as s/he receives a reasonable amount of meats, eggs, milk, cheeses, vegetables and fruits during the course of each week, it is o.k. for him to have specific requests met occasionally. Give him small portions of food and let him/her leave the table when s/he has eaten and lost interest in his food. Do not force him to eat. If you feel there's a severe problem, please ask us about it. Sometime during the second year, he should be feeding himself with a spoon and drink from a cup fairly skillfully. However, there may be times when he wants help eating.

Teeth:

By 2 1/2 to 3 years, a child has a full set of temporary teeth. Set a good example and assist him/her in brushing their teeth daily.

Sleep:

Still about 11 hours a night. Most two years olds need about 1-2 hour afternoon nap, but a quiet time in his room or bed is necessary even if he does not sleep. Before bedtime, calm activity such as reading stories will help him relax.

Toilet Training:

Improved muscle control occurs during the second year, but the toilet training process takes months, not weeks. Begin only if your child shows an interest. Have relaxed approach praise when he achieves, but not condemning him when he fails. Relapses may occur, especially during periods of stress at home.

Development

Motor:

- Walks up & down stairs
- Runs
- Turns corners
- Kicks a ball
- Jump from a step
- Turns a doorknob

Personality:

- Often negative
- Temper tantrums
- Unable to share
- Shy with strangers
- Dawdles
- Mimics and imitates

-Affectionate & loving

Speech:

Will speak in short sentences and increase his vocabulary to 900 words by age three. Encourage language development by talking to your child frequently and answer all of his questions. Stuttering is fairly common between 2-3 years of age. Do not ridicule him/her, try to remain relaxed.

Safety:

- 1.Constant supervision when out of doors.
- 2.Remove old refrigerators, cover wall holes.
- 3.Don't leave hot irons unattended.
- 4.Be sure all medicines are out of reach and in a safety capped container.
- 5.Do not leave matches within child's reach.
- 6.Keep guns unloaded and locked away.
- 7.Car seat restrainers.
- 8.Be sure windows and screens are fastened.
- 9.Cleaners, bleaches, furniture polish, insecticides and gasoline, etc., should be out of reach.
- 10.Organized plan of escape for entire family in case of fire.
- 11.Skid-proof mat in the bathtub.
- 12.Check batteries in smoke alarms.
- 13.Keep hot water heater at medium setting (120-130F)

Discipline:

Parents need to develop a plan for consistent, loving discipline. The child then knows what behavior is expected of him. This structure gives him comfort and security.

Five Basic Rules:

1. Act quickly to correct misbehavior.
2. Notice and praise good behavior.
3. Parent is the authority.
4. Consistent rewards and punishment.
5. Parent sets good example.