



# APL Bright Futures Handout

## 2 Year Visit



Here are some suggestions from your doctors and Bright Futures experts that may be of value to your family.

### ASSESSMENT OF LANGUAGE DEVELOPMENT

#### Your Talking Child

- Talk about and describe pictures in books and the things you see and hear together.
- Parent-child play, where the child leads, is the best way to help toddlers learn to talk.
- Read to your child every day.
- Your child may love hearing the same story over and over.
- Ask your child to point to things as you read.
- Stop a story to let your child make an animal sound or finish a part of the story.
- Use correct language; be a good model for your child.
- Talk slowly and remember that it may take a while for your child to respond.

### TELEVISION & VIEWING

#### Your Child and TV

- It is better for toddlers to play than watch TV.
- Limit TV to no more than 1 hour each day.
- Watch TV together and discuss what you see and think.
- Be careful about the programs and advertising your young child sees.
- Do other activities with your child such as reading, playing games, and singing.
- Be active together as a family. Make sure your child is active at home, at child care, and with sitters.

### FEEDING ROUTINES

#### Feeding Your Toddler

- Provide three to four servings of dairy products per day. A serving may be a cup of milk, a cup of yogurt, or a slice of cheese.
- Offer at least 6 ounces of drinking water that contains fluoride each day. If you live in an area that has well water, ask our physicians about supplemental fluoride vitamins.

- Remember to avoid foods that can cause choking- nuts, hot dogs, popcorn, whole grapes, meat chunks, hard candies, and hard, raw vegetables or hard fruits.
- Discontinue use of the bottle and encourage the use of a cup, spoon and fork at meal time.
- Toddlers at this age may start to show signs of finicky eating. Do not coax or fight with your child to eat as meal time should not be a battle ground.
- Give your toddler many chances to try a new food. Allow mouthing and touching to learn about them.
- Your job as the parent is to provide a healthy variety of foods. It's up to your child to let you know how much of it he wants to eat.

### SAFETY

#### Safety

- Be sure your child's car safety seat is correctly installed in the back seat of all vehicles.
- There should be no more than a finger's width of space between your child's collarbone and the harness strap.
- Everyone should wear a seat belt in the car. Do not start the vehicle until everyone is buckled up.
- Never leave your child alone in your home or yard, especially near cars, without a mature caregiver in charge.
- When backing out of the garage or driving in the driveway, have another adult hold your child a safe distance away so he is not run over.
- Keep your child away from moving machines, lawn mowers, streets, moving garage doors, and driveways.
- Have your child wear a good-fitting helmet on bikes and trikes.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.

- Keep plastic bags and latex balloons away as they can cause suffocation.
- Apply sunscreen with SPF 15 or higher on your child's skin at least 15-30 minutes prior to outdoor activities. Reapply every 2 hours.
- If your child will be playing outdoors between dusk and dawn, be sure to spray insect repellent that contains up to 30% DEET on exposed skin as well as on clothing. The higher the percentage of DEET, the longer it will last (up to 6 hours for 30% DEET).
- If your child knows how to swim, that does not make him water safe. Be sure to supervise your child whenever he is near water including buckets, play pools and the tub.

### CHILD DEVELOPMENT

#### Your Changing and Developing Toddler

- At two years of age most children climb and descend steps alone, one step at a time, holding the stair rail or a parent's hand.
- Toddlers can open doors, climb on furniture, use eating utensils (cup, spoon and fork) well, kick a ball and throw overhand.
- They should stack at least five or six blocks and turn book pages one at a time.
- By this age most toddlers have a vocabulary of at least 50 words, use two word phrases and should be at least 50% intelligible.
- They should be able to give their first and last name, tell their age and follow a two part verbal command.
- They should imitate adults (eg. housework), use toys properly, pretend play and play alongside other children.

**Poison Help: 1-800-222-1222**  
**Child safety seat inspection:**  
**1-866-SEATCHECK;**  
**seatcheck.org**



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### TOILET TRAINING

#### Toilet Training

- Signs of being ready for toilet training include:
  - Dry for 2 hours
  - Knows if he is wet or dry
  - Can pull pants down and up
  - Wants to learn
  - Can tell you if he is going to have a bowel movement
- Read books about toilet training with your child.
- Have the parent of the same sex as your child or, an older brother or sister, take your child to the bathroom.
- Praise sitting on the potty or toilet even with clothes on.
- Take your child to choose underwear when he feels ready to do so.

### TEMPERAMENT & BEHAVIOR

#### How Your Child Behaves

- Praise your child for behaving well.
- It is normal for your child to protest being away from you or meeting new people.
- Listen to your child and treat him with respect. Expect others to do as well.
- Play with your child each day, joining in things the child likes to do.
- Hug and hold your child often.
- Give your child choices between 2 good things in snacks, books, or toys.
- Help your child express his feelings and name them.
- Help your child play with other children, but do not expect sharing.
- Never make fun of the child's fears or allow others to scare your child.
- Watch how your child responds to new people or situations.

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