

## **DEVELOPMENT**

- Your child may begin to be more independent and assertive.
- He/she may help in dressing and undressing.
- He/she may jump in place, run well and kick a ball.
- He/she may walk up and down stairs well, open doors and climb on furniture.
- Children at this age enjoy rituals and routines that they can depend on during the day.
- Your child will begin to speak in short sentences and will likely have a vocabulary of 50+ words.
- Your child may become interested in toilet training. **DON'T FORCE THE ISSUE.** The child will let you know when they are ready. Allow the child to follow you into the bathroom, and see what you are doing in there. Some of the things that let you know when your child is ready include: imitating your actions, going into corners or squatting when they are having a bowel movement, taking off the diaper and showing you their accomplishment, and the desire to be changed promptly. Having the potty-chair available for use and rewards for positive steps are often helpful. You cannot over praise your child for a job well done. The process of toilet training can last weeks to months, so don't get discouraged. If you have further questions, please address them with the doctor.

## **DIET**

- After reaching two years of age, it is reasonable to change from the Whole Milk (Vitamin D) which the child has been on since his/her first birthday to either 2%, 1%, or Skim milk (whatever the rest of the family drinks).
- Fruits and vegetables are healthy snacks. If your child eats none of these a vitamin should be discussed with the doctor.
- Your child may become a picky eater and have two or three favorite foods. Provide small portions so your child is not overwhelmed. Children may unpredictably eat better at some meals than others.

## **DISCIPLINE**

- Praise for desired behaviors and consistency is essential. "Time out" is a good method of changing behavior. (We will be happy to discuss this technique with you.)
- Your child's frustration level is low and temper tantrums may be frequent. These are best ignored.

## **HYGIENE**

- Clean teeth with a soft child's toothbrush and toothpaste two times a day. Do not allow children to eat toothpaste, because too much fluoride may stain their teeth.
- The first dental visit is usually at three years of age, earlier if you are concerned or have a family history of dental problems.

## **SAFETY**

- Continue to use a car seat at all times. Check that the car seat is appropriate for your child's weight.
- Keep the Poison Control number handy. Always call the Poison Control Center or the doctor on-call before using Syrup of Ipecac (**Poison Control Center 513-636-5111**).
- Keep small or plastic foreign objects out of your child's reach (balloons, Band-Aids, plastic bags, etc.).
- Do not keep goodies in cupboards over the stove - your child may climb on the stove to get to them.
- Supervise activities including water play, riding toys and playground activities.
- Children should not be allowed to play near driveways, the street, lawnmowers or running machinery.
- Children should wear an approved helmet whenever on a bicycle.
- If you own a gun, we encourage you not to store it at home or in the car. If you do store the gun at home, it should be unloaded, locked up and the ammunition should be stored in a place other than with the gun.

## **STIMULATION**

- It is important to spend some time every day in a special activity with your child. Read to your child, play ball with him/her, sand play, color, play with clay, play dress-up games, etc.
- Your child enjoys and learns from repetition.
- Your child will parallel play with other children. Interactive play at this age is limited.
- It is best to watch children's television programs with them and to generally limit television viewing to less than 1-2 hours per day. Many mealtime problems can be avoided by keeping the TV off during meals.

## **TOYS**

- At this age children enjoy clay, *Play-dough*, musical toys, riding toys, wagons, rocking-horses, sand and bath toys, balls, dolls, baby buggies, books, blocks and crayons.
- Limiting choices of toys will minimize conflict.

## **IMMUNIZATIONS/TESTS**

- No tests or immunizations are required at this age unless there is a risk for lead or TB exposure.