

## 2 Year Well Visit

Weight \_\_\_\_\_(       %)

Length \_\_\_\_\_(       %)

Head Circumference \_\_\_\_\_

### **What to Expect:**

*Immunizations:* Influenza vaccine in the fall/winter

*Screenings/Labs:* TB and Lead risk Assessment, You will complete a PEDS tool for screening development

### **Feeding / Nutrition:**

Your child should be self-feeding a wide variety of foods including fruits and vegetables at each meal. Remember to continue to offer foods even if your child refuses them several times. Make meals a social time, eating together at the table with the TV and electronics turned off. Most children should transition to drinking lowfat cow's milk – discuss with your pediatrician if whole milk is still recommended. Avoid junk food, fast food, soda, and juice.

### **Development:**

- Your child should be putting 2 word phrases together and have a rapidly expanding vocabulary
- They should be walking up and down stairs, hopping, and working to undress themselves
- They should be interested in playing near other children, but do not expect sharing
- Read to your child every day and ask them to point to things as you read. Limit TV and electronics to 1-2 hours or less each day – your child will learn more by playing and interacting with others
- Your child may be showing interest in toilet training by telling you he/she is wet, being willing to use the toilet, and pulling pants down – follow their cues and make it a fun time.
- Children thrive on knowing what to expect -try to maintain a routine, give warning when things are changing (“we need to leave the park in a few minutes”), and use praise when behaving well

### **Safety Issues:**

- The car seat can be forward facing after 2 years old. Be sure the seat is correctly installed in the back seat, the harness is tight fitting, and seats are replaced after an accident
- Have your child wear a good fitting helmet when riding tricycles, bikes, or scooters. This habit is best to start right away when they are young
- If you have a gun in the home, store it unloaded and locked with the ammunition locked separately from the gun
- Always keep pool fences and gates closed and stay within touching distance when around water. Never leave your child alone in the bathtub, even for a few seconds

### **Notes:**