



Pediatric and Adolescent Medicine
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HEALTH MAINTENANCE INFORMATION SHEET – AGE 2 YEARS

Date	Age	Wt	Ht	Head Size	Next Appt.
Acetaminophen Dosing: Children's (160mg/5mL)			Ibuprofen Dosing: Infant Drops (50mg/1.25 mL)		
			Ibuprofen Dosing: Children's (100mg/5mL)		

NUTRITION

- Continue to be concerned with well-balanced meals and reasonable snack patterns. Offer a variety of nutritious foods without added sugar or salt. Encourage consumption of fresh vegetables, poultry and fish, trimmed lean meat. Discourage processed meats, chips, candy, and soft drinks. Keep a handle on fast foods. They should eat what you eat! Be consistent with this!
- Continue Vitamin D supplementation and Calcium if milk intake is limited.

GROWTH & DEVELOPMENT

- Walks backwards; walks up and down stairs holding on.
- Kicks ball; jumps with both feet off the ground.
- Stacks 5-6 cubes; aligns 2-3 blocks in a row.
- Talks a lot; 50 -300 word vocabulary; 2+ word phrases and uses "You", "Me", and "Mine".
- Refers to self by name.
- Undresses and partially dresses; helps wash.
- Attends to book; points to items on page, turns pages.
- Plays in parallel with other toddlers.
- Warning signs of language impairment: produces fewer than 50 words; no 2-word combinations.

ACCIDENT & SAFETY

- CAR SEATS MUST BE USED AT ALL TIMES! You may use a forward facing car seat at this time.
- Ensure safety around windows, stairways, and stoves.
- Never leave child unattended in house, in car, or around water.
- Supervise play in any area adjacent to driveways, streets, and cars. Never allow play behind vehicles.
- Knowing how to swim does not make child "water" safe!
- Cover electrical outlets; keep appliances out of reach.
- Keep away from power tools, lawn mowers, etc.
- Poison control 1-800-222-1222. DO NOT USE syrup of ipecac.

MISCELLANEOUS

- Gentle tooth brushing.
- TOILET TRAINING: many toddlers are able to show consistent interest in toileting, with most accomplishing task for both bowel and bladder by at least 2 1/2. Nudge gently with careful encouragement, applause or stickers.
- Sharing is not part of the vocabulary of the 2-year-old.
- Child still plays mainly in parallel with increase in interactive play with peers.
- Welcome to the "no's" and the negatives.
- Make sure toys are safe and age appropriate.
- Temper tantrums are common and appropriate expressions of frustration. Try to ignore if possible or use redirection. Defining a "time out" area for child to calm down in might be helpful. 1 minute/year for timeout.
- Be careful about supervision around pets and keep pets in good health.
- Now is the time to take control of the TV! Limit TV watching, computer and video games to <1-2 hours per day.

RESOURCES

- Audubon Naturalist Society: Check programs offered
- Hirshhorn Museum Saturday morning programs in summer
- Fraiburg: The Magic Years
- Taming Your Toddler Dr. Christopher Green