



## Injury Prevention



The most common accidents that occur at this age:

- **Car Seat Safety:** Continue to use a car seat or booster seat for as long as your child will fit into it.
- **Bikes:** Always make sure a properly fitted helmet is on. The helmet should move the forehead when moved forward and backward.
- **Accidental poisoning:** Do not leave medication on dressers or leave the safety top on loose. Do not use attractive bottles to store potentially harmful substances.
- **Button Batteries:** are commonly ingested at this age
- **Accidents:** that also occur are related to power tools, lawn mowers and plastic bags.
- **Drowning:** Do not leave your child unsupervised in or near a filled tub, pool, bucket of water, ditch or cesspool.
- **Sunburns:** Use hypoallergenic sunscreen SPF 30. Avoid the sun between 10 a.m. and 2 p.m. (highest UV rays).

## Nutrition

Milk cavities are common for those who continue to use the bottle. If your child uses a bottle, please stop immediately. Offer a variety of foods, and let your child decide

how much to eat. Offer small servings of many foods with one or two choices you know your child will like. If your drinking water does not contain fluoride, your child should be taking 0.25 mg daily.

## Growth and Development

Two year olds have lots of energy, and cannot sit still or stick with one activity for long periods of time. They have strong ideas. It is necessary for them to assert themselves and take some control. Set limits and be consistent. Give them choices within those limits. They also may have mood changes and like regular routines. They may have a difficult time making choices, but need the practice.

- Fears often occur at this age. Reassurance and understanding help children build confidence.
- Two year olds like to help and do things for themselves. Accept their help and give them simple tasks.
- On average, your child will sleep 10-12 hours a day, including a 1-2 hour nap.

## Healthy Habits



Brush your child's teeth twice a day using a tiny (pea sized amount) of toothpaste.

- Limit screen time to no more than 1 (weekdays) -2 (weekends) hours a day.
- This is a good time to start walks to encourage exercise..

## Tantrums

During a temper tantrum, the child loses control, may fall to the ground flailing their arms, shouting, biting, spitting, scratching etc. They may be accompanied by breath holding. They last 2-10 minutes on average. Most children are emotionally and developmentally normal.

Tantrums happen for a couple of reasons. If your child is tired, the answer is bedtime. If it was because they wanted something, or it did not go a certain way, think of the tantrum as a performance. Your child is the actor and you are the audience. If you take away the audience, there is no one to perform to. If something aggressive is done during the tantrum (breaks something, pokes someone with an object etc) give your child a time out after the tantrum is over.

## Next Visit

Your next health visit will be the 2 and ½ year visit (please check with your insurance as some insurers do not cover this visit).