

PEDIATRIC ASSOCIATES OF NYC

[pediatricassociatesnyc.com](http://pediatricassociatesnyc.com)

**2 year visit**

Height\_\_\_\_\_. Weight\_\_\_\_\_

Vaccines:

- Hepatitis A
- Possible side effects may include soreness at the site of vaccine and, although less likely, headache and/or loss of appetite.

Labs

- CBC (for anemia) and Lead level

Development

- Climbs stairs with help
- May Jump
- Runs
- Says 50 words and is putting 2 words together (telegraphic speech)
- Understands simple commands
- Copies household activities that you do
- Increasing independence

Discipline

- Set consistent limits
- Be calm and consistent even in the midst of a tantrum
- Your child will test limits
- Try to be a good role model when you are angry and frustrated
- Time outs are a good tool at this age

Potty Training

- Do NOT pressure your child
- Have a potty chair available if your child shows interest
- Never punish a child for accidents
- Children who are trained during the day often need pull ups at night and for naps

Nutrition/Food

- Can change to low fat milk (1 or 2%)

Sleep

- Most children still take 1 nap
- Nightmares and bedtime fears are normal at this age. Continue to put child to bed awake and encourage them to fall asleep in their own bed
- Avoid responding to "curtain call" behavior that keeps child from going to sleep- ie asking for more hugs, a glass of water, to use the potty, etc..
  
- Tooth brushing with soft bristle brush and water ( and a very small amount of fluoride toothpaste) 1-2 x/day
- Dental Visit

Next visit at 3 years old