



PEDIATRIC ASSOCIATES OF NYC, P.C.

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2 year visit

Measurements: Height _____ Weight _____ HC _____

Vaccines:

- Hepatitis A
- Possible side effects may include soreness at the site of injection

Labs:

- CBC (for anemia) and lead level, vision screening

Development:

- Climbs stairs with or without help
- Runs/ May Jump
- Points to 2+ body parts
- Points to images in a book when asked “where is ...?”
- Says 50 single words (between 24-30 months) and is putting 2 words together (ie “more milk”)
- Uses gestures in addition to waving and pointing, like nodding yes and blowing kisses
- 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 your child to bed awake and encourage them to fall asleep in their own bed.
- Avoid responding to “curtain call” behavior that delays 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 rice grain amount of fluoride toothpaste) 1-2 x/day
- Dental Visit

Next visit at 2 ½ years old