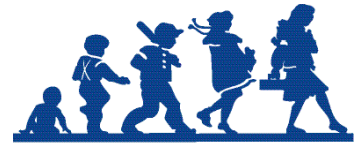


# Your 2 – Year – Old



— Goldsboro —  
Pediatrics P. A.

## Call our office:

- If you have any questions
- If you have concerns about the immunizations
- If your child has a fever over 104°
- If you feel your child's behavior is not normal
- If your child has persistent vomiting, diarrhea or looks unusually limp or pale

## Developmental Issues

- Your 2 – year – old may seem continually on the go – running, kicking, climbing, jumping.
- A 2 – year – old should be able to handle small objects easily – turning pages of a book, building a tower of 5 blocks, pulling off shoes and even unzipping large zippers.
- Your child may want to hold a crayon and draw
- Your child should be able to wash and dry their hands

Most 2 – year – olds understand most of what is being said. They may have a vocabulary of 20 or more words. 2 – year – olds are able to make 2 word phrases. Your child should be able to name or recognize most common objects and pictures.

Your child may feel that everything that happens in this world is the result of something he has done. Reasoning with your 2 – year – old is very difficult because he/she views everything in simple terms. At this age children have little control of their emotional impulses. Their anger may erupt suddenly in the form of crying, hitting, screaming, or temper tantrums. Children have temper tantrums because;

- They want to do things on their own before they are able.
- They want to make their own choices.
- They are hungry, sick or tired.
- They need to show their feelings

### ***Parents can help prevent temper tantrums by;***

- Avoiding prolonged trips or visits that may tire your child.
- Giving healthy snacks when meals are late.
- Offering activities when your child seems bored.
- Maintaining predictable and reasonable routines to meet your child's needs.
- Being loving but firm when enforcing rules and limits.

### ***Parents can deal with tantrums if:***

- They remain calm and do not become loud or angry.
- They allow the child to cry out the tantrum without giving the child any extra attention.
- They do not give in just to keep the child quiet.
- The child is not rewarded for stopping the tantrum.
- They are moved to a safe place (such as a carpeted floor) if the child is causing harm to themselves.

Punishing children for their tantrums teaches them to keep their feelings bottled up inside. Be patient, tantrums usually end by age four.

## **Nutrition**

- By age 2 your toddler should be eating 3 meals a day and 1 or 2 snacks.
- 2 – year – olds should be able to use a spoon, drink well from a cup and feed himself finger foods.
- Toddlers may gulp their food when they are hungry to get on with play. This increases the risk of choking.
- Avoid the following foods:
  - Hot dogs
  - Cherries and pits
  - Round hard candies
  - Whole grapes
  - Nuts
  - Whole raw carrots
  - Spoonful of peanut butter
  - Raw celery

***Your child should eat from the four basic food groups, the same foods as the rest of the family.***

- 2 – year – olds should drink between 16 and 32 ozs. of milk each day.
- Your child’s diet is important to maintain good dental health. Avoid “sticky sugar” foods such as caramel, toffee, gum and dried fruit. Brush your child’s teeth with or without toothpaste after these and other high sugar snacks and before bedtime.

## **Sleeping**

- Between 2 and 3 years most children sleep 9-13 hours a day. Some take naps some may not. Unless your child becomes irritable and overtired from lack of sleep there is no need to force your child to nap.
- Some children at this age may resist going to sleep even with a consistent bedtime ritual.
- Children at this age may be uneasy when mom or dad is out of their sight or in the dark alone.
- Parents can help put their toddler in a good frame of mind for sleep by letting them choose which pajamas to wear, story to read or stuffed animal to take to bed.
- Leave a night light on.
- Playing quietly, listening to soothing music or reading a pleasant bedtime story are quiet bedtime rituals.
- Never allow your toddler to watch TV right before bed. Even innocent programs may contain images that may frighten your child.
- Bad dreams are common among toddlers, they cannot distinguish between imagination and reality.
- When nightmares awaken your toddler, hold and comfort him and stay with him until he’s calm enough to fall asleep.

## **Safety Tips**

- Use safety caps on all medication.
- Keep all household products and medicines completely out of sight and reach.
- Poison Control # 1-800-848-6949 should be posted.
- Keep syrup of ipecac on hand and use only if told to do so.
- Lock doors to dangerous areas and install gates and window guards.
- Place plug covers on all outlets.
- Use sunscreen
- Maintain a smoke-free environment.
- Your child should be in a forward facing child safety seat in the back seat of your automobile.



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