



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

Date	Age	Wt	Ht	Head Size	Next Appt.
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Acetaminophen Dosing: Children’s Suspension (160 mg/5ml) _____ Ibuprofen Dosing: Infant Drops (50mg/1.25mL) _____
 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! Watch choking hazards.
- 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.

IMMUNIZATIONS & PROCEDURES

- Hepatitis A #2 (HAV), CBC, lead screening performed if they have not already been done.
- Vision screen

ACCIDENT & SAFETY

- **CAR SEATS MUST BE USED AT ALL TIMES!** You can discuss 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. You may use any toothpaste as long as it is a small amount and smeared on bristles.
- **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 ½. 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
- Setting Limits with Your Strong Willed Child
- Fraiburg: The Magic Years
- Taming Your Toddler Dr. Christopher Green