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2 year old

Date _____ Age: _____
Name: _____ Ht. _____ Wt. _____

Two Year old can:

- Follow 1-2 step command
- Speak in 2 word phrases, Has 20 words
- Solve problems
- Show pride when "helps"
- Show independence (temper tantrums- "No!" and "Do it myself")
- Start "time-out" (1 minute for every age)
- Start potty training (knows "wet" and "dry", pull pants up/down, indicate a bowel movement)

Foods:

- Picky eaters can not be made to eat*
- Choking hazards- peanuts, popcorn kernels, round slippery foods (ex: hotdogs), chewy, gummy foods
- Avoid sweets and juice

Stimulation:

- Learn self help skills
- Encourage good behavior
- Read, sing, dance
- Limit screen time
- Ignore temper tantrums
- Help child express feelings such as joy, sadness, anger, frustration

Medications:

- Fluoride supplement if using well water
- Brush teeth with fluoride toothpaste (use a smear or 'grain of rice')

Safety:

- Turn carseat forward facing*
- Never leave child unattended in car or bath
- Hold hands when crossing street or crowded areas
- Set limits with consistency

Resources:

- www.healthychildren.org (American Academy of Pediatrics)
- www.powerofmoms.com

Suggested reading:

- 1-2-3 Magic* by Thomas Phellan, PhD
- Toddler 411* by Dr. Ari Brown

Return: 1 year



How to keep you family Healthy, Happy and Growing!!

We are proud to introduce and offer to all of our patients a convenient and secure way to access your child's personal health records through patient portal. Access your child's medical data from any computer; tablet or smartphone is easier than ever!



- Check your email for an invitation from Follow my health (may be in Spam folder)
- Create an Account
- Register as a proxy: someone with authority to represent someone else (your child)
- Your **INVITE CODE** is the year of birth of your oldest child (younger than 18) Watch the first time walk-through video or check out the video tutorial
- www.richesondrivepediatrics.com
- At the top right corner of your portal page, you'll see a drop down arrow next to HELLO, Name.
- Click the name of your child to see their account.
- Growth charts are in the pie icon on the right
- Medications, allergies, weights and last visit are all available
- CONTACT US at staceyw1022@gmail.com or 385.7776

