

# The Wellness Times – Four Seasons Pediatrics



2 and ½ Year Visit - Today's Weight: \_\_\_\_\_ Height: \_\_\_\_\_

## Injury Prevention



The most common accidents that occur at this age:

- **Supervision:** Do not expect young brothers and sisters to supervise your toddler
- **Bikes:** Always make sure a properly fitted helmet is on
- **Accidental poisoning:** Do not leave medication available or leave the safety top on loose. Do not use attractive bottles to store poisons.
- **Dogs:** teach your child to ask permission before approaching dogs, especially if eating or the dogs are unknown
- **Accidents:** that also occur are related to power tools, lawn mowers and plastic bags.
- **Drowning:** Do not leave your child unsupervised in or near a filled tub, pool, bucket of water, ditch or cesspool.
- **Sunburns:** Use hypoallergenic sunscreen SPF 30. Avoid the sun between 10 a.m. and 2 p.m. (highest UV rays).

## Nutrition

Continue to offer choices for foods, and let your child decide how much to eat. Remember you are in charge of what your child eats, they are in charge of how much they eat. If your drinking water does not

contain fluoride, your child should be taking 0.25 mg daily.

## Growth and Development

Two year olds have lots of energy, and cannot sit still or stick with one activity for long periods of time. They have strong ideas. It is necessary for them to assert themselves and take some control. Set limits and be consistent. Give them choices within those limits. They also may have mood changes and like regular routines. They may have a difficult time making choices, but need the practice.

- Fears often occur at this age. Reassurance and understanding help children build confidence.
- Two year olds like to help and do things for themselves. Accept their help and give them simple tasks.
- On average, your child will sleep 10-12 hours a day, including a 1-2 hour nap.

## Healthy Habits



Brush your child's teeth twice a day using a tiny (pea sized amount) of toothpaste.

- Don't let the TV become a babysitter. This is a good time to start family walks.

Remember the following for a healthy body:

- 5 servings of fruits/veggies per day
- 2 hours of screen time per day (TV, Video, Computer)
- 1 hour of physical activity per day (that increases heart rate)
- 0 intake of sweetened beverages

## Tantrums

During a temper tantrum, the child loses control, may fall to the ground flailing his arms, shouting, biting, etc. They may be accompanied by breath holding lasting 2-10 minutes. Tantrums can happen if your child is tired, if it was because he wanted something, or it did not go a certain way. Think of the tantrum as a performance. Your child is the actor and you are the audience. If you take away the audience, the actor has no one to perform to. If something aggressive is done during the tantrum give your child a time out after the tantrum is over.

## Next Visit

Your next health visit will be the 3 year old well visit.

Fill out forms before your appointment at our website at [www.fourseasonsspediatrics.com](http://www.fourseasonsspediatrics.com)

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