



24 Months

Your toddler is now learning new words and new things every day. He or she can run, has given up drinking from a bottle, and can feed him or herself pretty well. Your child can be difficult, if not impossible to reason with and at times can feel like a “handful”. Sometimes it is tough to be a parent of a toddler. Remember your child is simply moving from babyhood to childhood. These years do not have to be “terrible”; they can be “terrific”.

Developmental and Milestones

- Climbs up steps alone, one step at a time, holding the stair rail or the parent's hand.
- Jumps off the floor with both feet, opens doors, kicks a ball, and climbs on furniture.
- Can wash and dry hands.
- Uses a spoon and cup well.
- Asks frequent questions: "What is that?"
- Enjoys imitating adult activities.
- Selects and uses a toys appropriately.
- Most 2-year olds have a vocabulary of 50 words or more.

Sleep

- Should sleep in his or her own bed if feasible. Discuss the move from a crib to a regular bed with your child's pediatrician.
- Recommended bedtime for a 2-year old is usually between 7pm and 8pm.
- Certain sleep problems are common during this time, including refusing to go to bed, getting out of bed and wandering around the house at night.
- Night terrors and nightmares are not uncommon at this age.
- Stalling techniques are common at nap and bed time.

Parenting and Behavioral:

- Use picture books to enrich your child's vocabulary.
- Limit television viewing.
- Do not worry if your child becomes curious about body parts. Use the correct terms for genitals.
- Discipline should be firm and consistent, but loving and understanding.
- Praise your child for his or her good behavior and accomplishments.
- Encourage your child to make choices whenever possible.
- Use the two "I's" of discipline (Ignore or Isolate) rather than the two "S's" (Shouting or Spanking).
- Child may adopt a security object (blanket, stuffed animal, etc.).
- Parents should continue to take time for themselves.
- Keep family outings short and simple.

Feeding and Nutrition

- Appetite is finicky, and will vary from meal to meal and day to day.
- Will only gain three to four pounds during the year.
- Do not expect three good meals a day.
- No bottles! May change to 2% milk if approved by your pediatrician.

Toilet Training

- Despite how hard you try, you cannot speed up your child's schedule and teach the child before he or she is ready. Over-training may delay the process by making your child tense and nervous, resulting in rebellion.
- Signs of toilet training readiness include awakening from a nap with a dry diaper; having bowel movements at the same time each day.
- If your child has a bowel movement at the same time every day, you may sit them on the potty chair and "catch it".
- If child's bowel movements occur at irregular times during the day, watch for characteristic expression and posture that indicates a bowel movement.
- Your child's incentive to control bladder and bowel movements is to please you, the person they look to for praise.
- When your child has an "accident," stay calm and DO NOT punish.

Oral Health

- Second molars usually appear.
- Stop pacifier use
- Limit juice and milk

General Health and Safety

- Always use proper car restraints in the back seat.
- Always walk behind your car, and make sure you see your toddlers face, before backing out of the driveway.
- Beware of chewing or picking at old paint surfaces.
- Keep firearms out of the home or in a locked, out of sight container, unloaded.
- Never leave a child unattended in a bathtub, even for a few seconds.
- Keep pools gated. Ensure the child wears a life vest when boating.
- Can fall from kitchen counters and down stairs frequently at this age.
- Be careful of items that can be left at counter level, such as knives, scissors, curling irons, cleaning agents, nail polish remover, household repair items, and all medication.
- There is no such thing as “child proof”. Be careful about what you put in the waste basket. Never buy toys or other objects that can cut or be ingested. Be careful using power lawn mowers and other power tools. Never have a child ride with you on lawn or farm machinery. Never leave a child unattended in a car or a house. Post Poison Control’s number near phones- 1-800-222-1222.
- Test smoke detectors to ensure they are working properly.
- Use water proof sunscreen.

When to Call or See Your Pediatrician

- Fever
- Vomiting
- Diarrhea
- Unusual skin rashes
- Anything out of the normal

Immunizations

- HAV (Hepatitis A)

Date _____

Your Next Visit: 30 Months

Height _____ Percentile _____

Date _____ Time _____ AM/PM

Weight _____ Percentile _____

Provider _____

Head
Circumference _____ Percentile _____

