

**2YRS**  
**PEDIATRIC**  
**CARE ADVISOR**



Well Child Care  
*Age 2*

**F A C E Y**

**PATIENT EDUCATION**

Use this Care Advisor guide created by Facey pediatricians for tips on managing your child's nutrition, safety and more.

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# Nutrition

Your child should be drinking all fluids from a cup. Water should be offered throughout the day. If you haven't already, you must wean all bottles and pacifiers. Bottles at this age lead to tooth decay. Offer healthy food at every meal and snacks. Toddlers may alternate periods of eating well with periods or hardly eating.

Limit TV to 1 hour per day. Encourage your to be active and play outdoors.

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# Development & Behavior

Toddlers are walking and running at this age. Children at this age should be learning new words, and speaking in 2 word sentences. Your toddler should understand what you are saying and follow directions. Talk to your child and explain what you are doing.

It is appropriate to give toddlers of this age a 2 minute "time out" for unacceptable behavior. Always end the time out with a hug and remind the child why they were in time out.

Toddlers this age are getting ready for potty training. You will know your toddler is ready when he/she shows interest in using the toilet, can hold urine for a minimum of 3 hours, is able to pull their pants up or down.

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# Bedtime

Establish a bedtime routine and never let your toddler go to bed with a bottle or cup of juice or milk. Reading is a good bedtime activity and will help develop your child's vocabulary.

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# Teeth

You should brush your child's teeth twice a day with a smear of fluoridated tooth paste (grain of rice sized amount). Dental visits are recommended at this age and should be scheduled every six months.

# Safety

- The AAP Recommends switching from backward-facing to forward-facing toddler car seats once your child is over 20 pounds and 2 years of age.
- Never leave your child alone in the car.
- Do not leave your child unsupervised near water; supervision should always be done by an adult.
- Use gates or fences around pool areas.
- Use sunblock with an SPF of 15 or higher and avoid spending time outdoors between 11 am and 1 pm
- Keep all medication and cleaning fluids locked in cabinets or in areas that your baby/child cannot reach. In case of ingestion call the poison control center at (800) 222-1222 and your pediatrician's office (or the physician on call).

# Immunizations

Your child will not receive vaccines at this visit, but it is recommended that all children get a flu vaccine every Fall. If this is your child's first flu vaccine, an additional vaccine will be required in 1 month.

You can find more information on vaccinations online at: [http://www.facey.com/ped/child\\_care.php](http://www.facey.com/ped/child_care.php)

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# The Next Visit

Your child's next appointment will be at 3 years of age. Vaccines are not usually given at this visit.

## *About this guide*

This information was compiled and edited by Facey Medical Group pediatricians. Please contact your doctor's office if you have questions about this information.

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live healthy  
enjoy life