

# 2 Years

## Developmental Milestones

### **Gross Motor**

- Kicks a ball
- Throws a ball overhead
- Walks up stairs alone, one step at a time, holding onto the rail
- Jumps off the floor with both feet

### **Language**

- Can name about six body parts
- Combines words well
- Speech is about half understandable
- Asks questions frequently
- Vocabulary expands to about 50 words

### **Fine Motor-Adaptive**

- Can tower four cubes
- Opens doors by himself

### **Personal-Social**

- Brushes teeth with help
- Can begin to put clothes on by himself
- Washes and dries hands
- Imitates many adult activities

## Anticipatory Guidance

### **Safety**

- ◆ Always place your toddler in an appropriate car seat, and make sure the seat is appropriately strapped into the vehicle. It is now considered safe for your child to be forward facing. Remember that car seats should never be placed in the front seat or near an airbag as this can cause serious injury or even death.
- ◆ Make sure your water heater is set below 120°F to prevent burns.
- ◆ Always maintain a smoke-free environment around toddlers.
- ◆ Make sure you have smoke detectors installed, and be sure to check the batteries monthly. Replace batteries at least once a year.
- ◆ Never have hot liquids around or within reach of your toddler. You never know when he might try to grab the container.
- ◆ When your toddler will be outside, sunscreen should be used and should be SPF 30 or higher.
- ◆ Make sure your home is completely childproofed (See childproofing handout).
- ◆ Remember, anchor tall furniture to prevent it from tipping onto your child.
- ◆ Never leave a bottle of milk or juice in the crib with your toddler. It will lead to tooth decay.
- ◆ Never leave windows open without a window guard.
- ◆ If you have a pool, make sure you have a pool fence on all four sides with a self-locking latch that is out-of-reach to the child.

## My Child's Growth

Length: \_\_\_\_\_ %

Weight: \_\_\_\_\_ %

Head Circ: \_\_\_\_\_ %



My Growth

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## Anticipatory Guidance

### Your Child's Care

- ◆ Bedtime routines continue to be important at this age.
- ◆ Continue reading stories. Your toddler will begin recognizing stories and will begin to realize when you skip a page.
- ◆ Whole milk can be continued, but many parents will switch their child to 2% at this age.
- ◆ Continue brushing your child's teeth daily.
- ◆ Your child should be feeding himself with a spoon and/or fork at this age.
- ◆ Avoid foods which pose a choking hazard: peanuts, whole grapes, popcorn, hot dogs, sausage, and hard candy.
- ◆ Always supervise your child when he is eating.
- ◆ Remember to choose healthy meals and snacks for your child.
- ◆ Use distraction as discipline as well as positive reinforcement.
- ◆ Time-out may be a useful form of discipline as well at this age. Remember one minute for every year of age.
- ◆ Continue to set and enforce rules with your child.
- ◆ Temper tantrums may still be an issue. The best response you can have is to ignore his tantrum and leave the room (as long as your child is in a safe environment and not hurting himself).
- ◆ Be assertive with limits, or your child will continue to see what he can get away with.
- ◆ Nightmares may continue at this age. Comfort your child and then tuck him back into his bed.
- ◆ Your child should begin to show interest in toilet training (lets you know when diaper is dirty, takes off diaper, shows interest in the potty, stays dry for several hours at a time). See toilet training handout for more information.
- ◆ Self-exploration of genitalia is still normal at this age.
- ◆ Continue to teach your child about sharing.
- ◆ Your child will be very interested in making his own choices, and this can be used to your advantage. Instead of saying "no, you have to wear this," give him two options to choose between.

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