



## Two Year Old Information Sheet Londonderry Pediatrics

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### *Feeding*

Your two year old should be getting 20 -24 ounces of low fat milk per day. Limit juice to about 6 ounces a day. Continue to eat meals as a family. Offer nutritious snacks between meals. Your child's appetite may vary from day to day. Forcing him/her to eat will be counter-productive, rather allow your child to refuse foods. Avoid using a substitute "favorite food" for those that have been served as this habit may foster pickiness.

Continue to introduce new foods to your child. Avoid "choke foods", peanuts and peanut butter.

### *Oral Health*

Use a toothbrush to clean your child's teeth with non-fluoride toothpaste. Your child should be getting fluoride, either from your tap water or as a prescription supplement. Schedule a first dental appointment.

### *Sleep*

Your child may be ready to leave his/her crib and sleep in a bed. Resistance to bedtime may persist, but continue with a night time routine, including putting him or her to bed awake.

Night terrors- a sleeping child screaming out in the middle of the night- are common at this age, as are nightmares.

### *Safety*

Continue to supervise closely. Assess your child's "drowning risk" in water such as toilets, tubs, pools. Use sunscreen daily. Your child needs to be in an appropriate car seat, the rear seat being the safest location. Test smoke detectors and carbon monoxide detectors routinely. Maintain a smoke free environment. Use bike helmets. Be sure poisons, medicines, matches, and weapons are locked up. New Hampshire's poison control number is 1800 222 1222.

### *Activities*

Singing songs, reading interactively, coloring, finger paints are activities two year olds enjoy. Allow for exploration and large muscle group physical activity. Teach your child self care and self quieting behaviors.

Two year olds learn by modeling, therefore model good behavior, by displaying good manners, using good speech, and your two year old will do the same.

### *Behavior*

Two year olds have difficulty sharing. Encourage sharing while having some "not to be shared toys". Set limits and be consistent with boundaries. Listen to and be respectful of your child's thoughts and feelings.

Help him or her learn what sadness and anger are and help with anger resolution and difficult interactions between siblings or peers.

Role model healthy habits, show your child affection, and play with your child.

### *Signs of illness*

Signs of illness may include fever, failure to eat, vomiting, diarrhea, irritability, lethargy, rash, or cough. If your child experiences one of these symptoms or you are concerned, feel free to call our office for advice or an appointment.