



# Two Year Visit

Now that you have a little toddler running wild without a fear in the world, it is essential to turn up your parenting radar. Recently, there has been a huge spike in playground accidents due to parental cell phone use. Please be mindful when deciding between a non-urgent text and tracking your child on the playground.

## What should my two year old be doing?

Two year olds have many emerging skills and are beginning to have increasing interaction with the world around them. But beware. During this age, your 2-year-old might show a wide spectrum of emotions including affection, pleasure, assertiveness, and protest. Sometimes he may show all these emotions in the span of a few minutes!

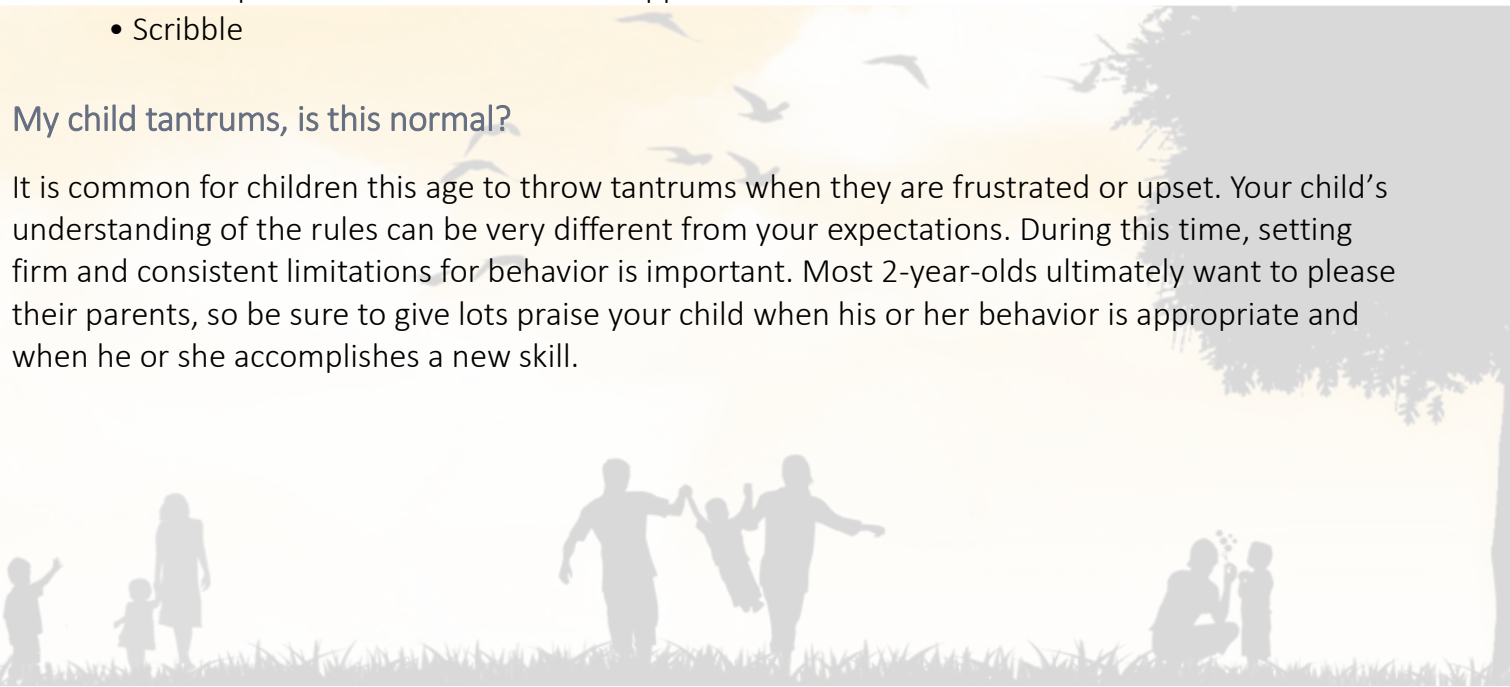
Children develop at their own pace, so it's impossible to tell exactly when yours will learn a given skill. The developmental milestones below will give you a general idea of the changes you can expect as your child gets older, but don't be alarmed if your child takes a slightly different course.

At this age, your child should:

- Imitate behavior of others
- More excited about company of other child
- Demonstrate increasing independence
- Begin to show defiant behavior
- Point to object or picture when it's named for him
- Build a tower using four blocks
- Use 2- to 4-word sentence
- Begin to run
- Kick a ball
- Climb up and down the stairs with support
- Scribble

## My child tantrums, is this normal?

It is common for children this age to throw tantrums when they are frustrated or upset. Your child's understanding of the rules can be very different from your expectations. During this time, setting firm and consistent limitations for behavior is important. Most 2-year-olds ultimately want to please their parents, so be sure to give lots praise your child when his or her behavior is appropriate and when he or she accomplishes a new skill.



## What can I do to ensure my home is safe for my little explorer?

Two year olds are naturally curious and increasingly adventurous. It is important to make sure your home is a safe environment for your child to play in. One major concern at this age is ingestions. Make sure your home is poison-proofed, paying special attention to cabinets at child level. Always leave cleaning solutions and other chemicals in their original containers. In the event your child ingests a potentially harmful substance, keep the container and call the poison control center toll-free at 800.222.1222. A representative will tell you what to do.

## What vaccines and/or screening tests should I expect at this visit?

Any vaccines that are not up to date will be addressed. If the season is appropriate, your child may also receive the Influenza vaccine.

