



## 2 Year Well Child Check

### Expected Developmental Milestones

- Uses 2-3 word sentences
- Knows names of familiar people and body parts
- Shows defiant behavior
- Beginning to include other children in play
- Points to pictures in a book
- Begins to sort shapes and colors
- Shows simple imaginative behavior
- Can kick and throw a ball

### Safety

- If patient has outgrown rear-facing weight or height limit, use a forward-facing car seat with harness for as long as patient is within limits
- Never leave your baby alone near any water
- Lock up poisons, medicines, cleaning supplies, and knives/scissors
- Never have a gun in the home. If you must, store it unloaded with ammunition locked up separately
- Have child wear a good-fitting helmet on bikes or tricycles
- Use a sunscreen labeled "broad-spectrum" and at least SPF 15. Apply generously 15-30 min before going outdoors and be sure to reapply every 2 hours

### Med Dosing

<i>Weight</i>	<i>Children's Motrin (every 6-8 hours as needed)</i>	<i>Children's Tylenol (every 4-6 hours as needed)</i>
18-23 lbs	3.75 mL (¾ tsp)	3.75 mL (¾ tsp)
24-35 lbs	5 mL (1 tsp)	5 mL (1 tsp)
36-47 lbs	7.5 mL (1 ½ tsp)	7.5 mL (1 ½ tsp)

### Toilet Training

- Signs of being ready to potty train:
  - o Dry for 2 hours or more
  - o Knows if wet or dry
  - o Can pull pants up and down
  - o Can tell you if going to have a stool
- Plan for frequent toilet breaks
- Encourage hand-washing after using toilet

### Play

- Talk about and describe pictures in books
- Read to your child every day
- Use correct language – be a role model
- Limit screen time to 1 hour per day or less
- Be active with your child as a family

### Behavior

- Praise good behavior
- Listen to your child and treat him with respect
- Offer choices between 2 good things (snacks, toys, books) when possible
- Help your child express his feelings

### Immunizations at this visit

<i>Regular (CDC) Vaccine Schedule</i>	<i>Alternate Vaccine Schedule</i>
- None	- Hepatitis A #2

- For more info:  
<https://www.cdc.gov/vaccines/index.html>

**Next Well Child Visit:** 3 years old

### Helpful Resources:

- [www.healthychildren.org](http://www.healthychildren.org)
- Birth to Five Helpline:  
1-877-705-KIDS (5437)