



Two Years Old

As your child grows, he or she will learn new things. These are some things you can watch for, and some actions you can take to help your child learn and be healthy. If you have concerns about your child's growth or development, talk to his or her doctor.

Visit this link for milestones
<https://tinyurl.com/y9gpbu9j>

Your toddler can

- Knows names of body parts
- Says sentences with 2-4 words
- Can jump with feet leaving the floor
- Points to pictures in a book

Ready to toilet train?

These are some signs that your child may be ready

- Dry for two hours
- Knows if she is wet or dry
- Can pull pants up and down
- Can tell you she is going to have a bowel movement

Learn more at <https://tinyurl.com/ybo7r9pg>, and <https://tinyurl.com/tc2wol6>

Doctor Appointments

When your child has regular checkups, their doctor can track their growth and development. You have a chance to build a relationship of trust with your doctor and address your concerns.

- Your child will see the doctor once a year now
- Your child will grow approximately 2 1/2 inches and gain 4-5 pounds this year
- Most children who see their doctor regularly are fully immunized by age two <https://tinyurl.com/rcxnxb>

Parenting Tips

- It is normal for your child to protest being away from you or meeting new people
- Limit TV to 1 to 2 hours each day
- Help your child brush her teeth with a pea-sized amount of toothpaste before bed and one other time during the day.

Keep your child safe

- Be sure your child's car seat is correctly installed in the back seat or your vehicle.
- See Illinois guidelines for car seats. <https://tinyurl.com/olvsczo>
- Supervise your child at all times. Never leave him alone, especially near cars, stairs or water without a mature adult in charge
- Never shake your child, handle her roughly, or yell at her. Listen to your child. Treat her with respect. Expect others to do as well
- Limit sun exposure. Use SPF sunblock when outside. Reapply at least every 2 hours. Follow label directions when using bug repellent

Help your child learn

- Play with your child each day, joining in the things he likes to do
- Read to your child. She will want to read the same book again and again. Ask her to point to things as you read
- Give your child choices between 2 things in snacks, books or toys
- Help your child play with other children, but do not expect to share
- Never make fun of your child's fears or allow others to scare your child
- Be consistent. Yes means yes and no means no
- Talk slowly and remember it may take a while for your child to respond. Be patient
- Your child will repeat what you say. Use the correct language. Be a good model for your child

Feeding your child

- Your child should be eating 3 meals each day and 1 or 2 snacks. She is able to eat the same food the rest of the family shares at mealtime
- Remember to make healthy choices and offer a variety of foods
- Do not fixate on the amount your child eats or make mealtime a battle
- Make mealtime a family activity
- Learn more. <https://tinyurl.com/ttqpf6s>