

EDGEWOOD CENTER PEDIATRICS PC

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www.edgewoodpeds.com

Two Year Exam

Weight _____ lbs. _____ oz Length _____ inches
_____ percentile _____ percentile

Feeding

Some toddlers are very picky eaters. If they eat a balanced diet over a course of a week they will get the nutrients their body needs. If you have well water at home continue with the fluoride supplement. Fluoride is needed until adult teeth are all in place.

Development

Your child is probably putting together 2-3 word sentences, feeding themselves using a spoon, throwing and kicking a ball, and stacking 5-6 blocks. You will notice the largest increase in language skills between 2 and 3 years of age. Continue reading simple stories regularly; develop a nightly routine (reading, brushing teeth, etc.) before bedtime.

Safety

- 1) Supervise play near street and driveway, children move quickly and can run into the street.
- 2) Never leave your child unattended in the car, house, or outside.
- 3) Continue using the car seat in the back seat. If your child is over 20lbs the car seat may be facing forward.
- 4) Double-check that all cleaners, detergents, medicines, and sharp objects are locked up and out of reach. Keep the poison control number (1-800-222-1222) near your phone.

Immunizations

If your child is up-to-date, no immunizations are given at this time.

Next Visit

Enjoy your active 2 year old, and we will see you in 1 year when your child is 3 years of age.

