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24 MONTH EXAMINATION

1. Use a pea-sized amount of fluoride toothpaste & a soft toothbrush.
2. Development: Two year old children can usually wash and dry hands, help with simple tasks and put on some clothes. Their vocabulary expands rapidly and they begin to put 2 words together into rudimentary sentences. Two year olds often have only a 5-10 minute attention span and a tendency to walk into things while daydreaming. No fear of heights or danger is apparent. Always provide adult supervision when children are outside especially near a street.
3. Be consistent with discipline and use a time-out place. Continue to give positive re-enforcement for good behavior.
4. Listen to and read to your child. Limit TV viewing to 1-2 hours per day or less of high quality programming. Turn off TV during meals. Offer your child the opportunity to play with other children.
5. Injury Prevention:
 - a) Car Safety: A car seat is recommended until your child is at least 5 years old. Children under twelve should not be seated in front of an air bag.
 - b) Street and Garage Safety: Auto accidents in the family driveway often involve small children.
 - c) Pets: Two year old children often treat pets roughly. Close supervision is needed to prevent accidents.
 - d) Drowning: Never leave child alone near a pool, in the bathtub or near a bucket. No child is water safe even if they "know how" to swim. Children may enjoy experiences in the pool with parents, but are too young for formal swimming lessons.
 - e) Choking: continue to watch out for small toys, batteries, etc that may be put into the mouth. Plastic bags and balloons can also cause suffocation.
 - f) Sun safety: Children should be shaded when possible. Sunscreen should be worn whenever children are outside
 - g) Poisoning: Use safety caps on medicines. Household cleansers and polishes must be kept out of reach. Call the Poison Control Center at 1-800-222-1222 if an ingestion occurs.
 - h) Guns: if you own guns keep them in a gun safe, and ammunition in a separate place.
 - i) Burns: Turn pot handles toward the back of the stove. Test batteries in smoke detectors every month and change batteries every year. Be careful with irons and curling irons.
6. Independence: The more independent a child becomes, the more personal self-esteem will result. Never do for a child what that child is capable of doing alone. We waste a child's resources and strengths when we interfere. You may hold a child down with over-protection. The way a child feels personally affects general behavioral patterns and relationships with others. During the third year of life a child likes to try to dress and undress unassisted. There is also the desire to eat and initiate play independently. Helping with simple household tasks is also important. Your child should be encouraged to do these things. However, children this age still need direct adult supervision in most circumstances. Make it clear that help is there if it is requested. Be available to offer that help when needed.

7. Toilet training: Please keep in mind the following factors:
- Have a potty seat available and let your child sit on if she is interested.
 - Average age for girls to be toilet trained is 2 1/2 years.
 - Average age for boys to be toilet trained is 3 1/2 years.
 - Toilet training should be a positive experience. If a child is resistant at the attempt, it is best to forget about it for a few months, then try again. Praise success, do not punish accidents

8. Medication:

<u>Weight</u>	<u>Acetaminophen</u> (Tylenol, Tempra) 160mg/5cc	<u>Ibuprofen</u> (Motrin, Advil)100mg/5cc
	Every 4 Hours	Every 6 Hours
12-17 lbs	1/2 tsp (80mg)	1/2 tsp (50 mg)
18-23 lbs	3/4 tsp (120 mg)	3/4 tsp (75 mg)
24-35 lbs	1 tsp (160 mg)	1 tsp (100 mg)
36-47 lbs	1 1/2 tsp (240 mg)	1 1/2 tsp (150 mg)

9. Sleep: Continue to be consistent with your bedtime routine. Length and frequency of naps varies greatly among children. Some will phase out the nap between 2 and 3 years of age. If your child can climb out of the crib it is time to transition to a regular bed.

10. Food Rules For Children Age 1 and Up

Scheduling

- Regular mealtimes, only planned snacks
- Mealtimes no longer than 30 minutes
- Nothing offered between meals except water

Environment

- Neutral atmosphere
- Sheet under the chair
- No game playing
- Food is never given as a reward

Procedures

- Small portions
- Solids first, fluids last
- Self-feeding encouraged as much as possible (finger feeding, holding spoon)
- Food is removed after 10-15 minutes if child is only playing without eating
- Meal is terminated immediately if child throws food in anger
- Wiping the child's mouth and cleaning up occurs only once at end of meal

COMMUNITY RESOURCES:

- The Parent Connection offers parenting classes and play groups.
www.theparentconnectionaz.org.
- Child and Family resources offers information about available child care.
www.childfamilyresources.org.
- The American Academy of Pediatrics has a web site:
www.healthychildren.org.

NEXT VISIT: 3 Years of age