

# DUNWOODY PEDIATRICS

## CHILD CARE FROM AGE 2 TO 3 YEARS

Date \_\_\_\_\_

Weight: \_\_\_\_\_ Percentile: \_\_\_\_\_ Height: \_\_\_\_\_ Percentile: \_\_\_\_\_

Immunizations received today: Dtap \_\_\_\_\_ Polio \_\_\_\_\_ MMR \_\_\_\_\_ Prevnar \_\_\_\_\_

Hepatitis A \_\_\_\_\_ Hepatitis B \_\_\_\_\_ Hib \_\_\_\_\_ Varicella \_\_\_\_\_

### NUTRITION

All children over the age of 2 should follow the same recommended low-fat, low- cholesterol diet that you do.

◆ **Milk/Dairy Products:** 2-3 servings a day (6-8 oz. per serving). Give 2% milk. Other milk products include yogurt, cottage cheese, pudding and ice cream or frozen yogurt. 2 oz of cheese is equivalent to 8 oz. milk. Calcium requirement is 500mg.

◆ **Meats:** 2-3 servings a day. A serving size is 2 ounces (4 Tbsp). Lean meat, poultry, fish, legumes, eggs or peanut butter are all good choices.

◆ **Fruits/Vegetables:** 5-7 servings of each a day, a serving size is ½ cup or 3 Tbsp. Try for 1 serving high in Vitamin A, such as peaches, broccoli, carrots, squash, or sweet potatoes and 1 high in Vitamin C, such as broccoli, spinach or Vitamin C enriched juice. Limit juice intake to 4-6 ounces a day.

◆ **Breads/Cereals:** 6 servings a day, with a serving size being ½ slice bread, ½ cup cereal, or 1/3 cup pasta.

Try to avoid making mealtime a battle ground. Respect their food preferences. Some may resist eating certain foods or insist on eating only one or two favorite foods for a period of time.

Continue to offer a variety as their likes and dislikes will vary.

### DENTAL HEALTH

Brush your child's teeth daily using a small, soft toothbrush and plain water. Avoid toothpaste with fluoride since your child will swallow rather than spit, and the fluoride will be damaging to permanent teeth. The first dental checkup should be at age 3.

### SLEEPING

Toddlers need 8-10 hours of sleep a day, sometimes including an afternoon nap. They do better with bedtime rituals (bath, brush teeth, story, drink of water, etc.). Changing this routine, may give them trouble going to sleep. Prepare your child for bedtime, and, if they prefer let them sleep with their security object. If they resist going to sleep, remain calm and consistent in your approach and they will eventually realize they have nothing to gain by fighting you and will start going to sleep more willingly. This is also a time to move them to a regular bed.

### ELIMINATION

By 2 most children are ready to be toilet trained (boys slightly later than girls). Look for signs of readiness: bowel movements occur regularly, diaper is not always wet, they can and will follow instructions, they are eager to please you, and they show an interest in imitating other family members in the bathroom. Praising them for successes, while not punishing or making them feel bad when they have an accident will eliminate unnecessary stress, which is bound to delay their progress. Purchase a floor level type potty chair. This allows them the freedom of getting on/off at will, gives them leverage for pushing and a sense of security. Nighttime dryness normally happens months or years later than daytime control. Switch from diapers to training pants after your child is cooperative about sitting on the potty chair and passes about half of their urine and

bowel movements there. Buy loose fitting ones that they can easily lower and pull up on their own. Use diapers only for naps and night time. If your child resists this training effort, back off, and try again next month. If they seem capable but not interested, (especially as they approach their third birthday) try a reward chart using stars or stickers to earn a reward.

### **DEVELOPMENT/PLAY**

Appropriate toys include: playground equipment, household items such as play kitchen equipment, telephones and dishes. Finger paints and play dough are great play items, but are best done with supervision. Simple household tasks such as dusting a table or sweeping an area with a broom are enjoyable for them and make them feel a part of the family. No doubt you have heard the expression, the "terrible twos". This developmental period seems like a constant tug of war between your child's continuing reliance on you and his/her need to assert their independence. He may flip-flop between these extremes, clinging to you when you try to leave him, and running in the opposite direction when you want him to listen to you. It is necessary to acknowledge these changes as part of his normal developmental process.

### **DISCIPLINE**

They will spend most of their time testing limits - their own, yours, and in the environment. When they overstep a limit and are pulled back, expect them to react with anger, frustration, and possibly a temper tantrum since they cannot express their feelings well in words. You can't prevent every tantrum, but you may be able to decrease their frequency by making sure they do not get overtired, overly anxious, or unnecessarily frustrated. Children whose parents fail to set limits or are overly strict tend to have more frequent and intense tantrums than children whose parents take a moderate approach. Expect your child to say "no" many times each day. Be loving, but firm, and consistent every time they violate the rule. They won't learn these important lessons immediately, so expect to repeat the behavior many times. When they do have a temper tantrum, remain calm. If you react with loud, angry outbursts, your child naturally will imitate your behavior. Sometimes gentle restraint, holding, or distraction techniques will work to extinguish the tantrum. If you can't distract them, ignore them. Reacting to their outbursts in any way, gives them attention for negative behavior. If you are in a public place simply remove them without discussion or fuss. Avoid physical punishment to discipline your child. If you do use force, they may assume that aggression is an acceptable way to respond when they don't get their own way. Enforcing discipline needs to be consistent with all care givers.

### **SAFETY**

Safety measures in your house and outdoors cannot be emphasized enough. Your child's self-control and ability to rescue themselves are not yet fully developed so they still need careful and supervision.

*Your child's next well visit should be at 3 years of age.*

### **Additional Resources for Parents**

Your Two Year Old, Ames and Ilg (1980)  
Six Point Plan For Raising Happy, Healthy Children, Rosemond (1989)  
Making the Terrible Twos Terrific, Rosemond (1993)  
Caring For Your Baby and Young Child: Birth to Age 5, (4<sup>th</sup> ed.), AAP (2004)  
The Magic Years, Selma Fraiberg

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