

# **2 Year Old**

**Developmental Milestones**

**Feeding and Nutrition**

**Well Child Check**

**Recommended Immunizations**

# Developmental Milestones

## 2 Years

### Social/Emotional:

- ◆ copies others, especially adults and older children
- ◆ gets excited when with peers
- ◆ shows defiant behavior
- ◆ mainly plays beside other children, but starting to include them in games such as chase

### Language:

- ◆ knows names of different body parts and familiar people
- ◆ 2-4 word sentences
- ◆ follows simple instructions
- ◆ repeats overheard words
- ◆ points at things in book

### Cognitive:

- ◆ beginning sorting of shapes and colors
- ◆ completes sentences and rhymes from familiar stories
- ◆ plays simple make-believe
- ◆ uses 4 or more blocks in towers
- ◆ follows 2 step instructions
- ◆ names items in picture book

### Physical:

- ◆ stands tip-toe
- ◆ kicks a ball
- ◆ starting to run
- ◆ climbs on and off furniture without assistance
- ◆ overhand throwing
- ◆ draws straight lines and/or circles

# Developmental Milestones

## 2 Years

- **Tell Your Health Care Provider If Your Child:**
  - ◆ does not know what to do with common things, like a brush, phone, fork, spoon
  - ◆ doesn't copy actions and words
  - ◆ can't follow simple instructions
  - ◆ cannot walk steadily
  - ◆ loses skills once learned

*\* Remember: all children grow/mature at different rates\**

# Feeding and Nutrition

- Set designated mealtimes for whole family and include toddler - Turn off TV and other electronics
- Offer a rainbow of colors on the plate
- Offer 3 main meals and 3 nutritious snacks each day
- Decide when and where your mealtimes happen and let them choose between 2 healthy foods to eat.
  - ◆ you can ask: *Do you want applesauce or peaches? Or*
  - ◆ *Do you want oatmeal or corn flakes?* Allow your toddler to choose which foods and how much to eat
  - ◆ a serving size for this stage is  $\frac{1}{4}$  slice of bread,  $\frac{1}{2}$  cup of milk, half of a banana, 1 slice of cheese, 2-3 tablespoons of vegetables
- Always cut toddler's food in small pieces and avoid known choking hazards such as: raw veggies like carrot sticks, whole hot dogs, whole grapes and raisins, popcorn, and nuts
- Let toddler feed self using fingers, utensils, and cup
- Always have child sit to eat
- Ask your healthcare provider about your child's growth curve, this is a great way to tell if your child is getting adequate nutrition
- Visit the Montelores Early Childhood Council's website for useful information and links about health and nutrition.

**\*Although these guidelines are appropriate for most children they may not fit all. Always consult your health care provider about specific nutrition needs of your child\***

## **5.2.1.0.**

**5 servings of fruits & veggies  
2 hours or less screen time  
1 hour or more exercise  
0 sugary drinks daily!**

# Well Child Check

## 2 Years

- ❑ **Topics to discuss with your health care provider:**
  - ◆ caution as to what is said within earshot of child
  - ◆ importance of sharing books with your child
  - ◆ your child's comprehension ability
  - ◆ discipline and praise
  - ◆ how to guide your child's learning about emotions
  - ◆ encouraging independence and social interaction
  - ◆ toilet training readiness and hygiene
  - ◆ television limits and the importance of play
  - ◆ child safety
  - ◆ growth and development concerns
  - ◆ any other questions you may have
  
- ❑ **Recommended Immunizations:**
  - ◆ Influenza (once yearly)