



## Well care education- 2 to 2 ½ years old

- **DEVELOPMENT:**
  - Your toddler should be walking, kicking a ball, climbing. He/she can drink from a cup without a lid and feeds him/herself with utensils. He/she should be pointing to 2 body parts when asked. Looks at your face to see how to react in a new situation. Can put 2 words together such as “no more!”
  - Signs that your toddler is ready for toilet training include: dry for 2 hours, knows if he/she is wet or dry, can pull pants down and up, wants to learn, can you tell if he/she is going to have a bowel movement.
  
- **EMERGENCIES:**
  - Please call us if your toddler has a high fever (>104F), breathing difficulty, green or repeatedly vomiting, having less than 4 wet diapers per day, abdominal pain or other concerning symptoms.
  - Fever by itself is NOT dangerous. However, if you give Tylenol/Motrin and the fevers does not improve or if the fever improves but your child remains lethargic/irritable, please call. Also, if fever >5 days, please call. Refer to our website for **Tylenol and Motrin dosages: [www.Mahoneypeds.com](http://www.Mahoneypeds.com)**
  
- **SKIN CARE:**
  - Please apply sunscreen to your child if he/she will be in the sun for >20 minutes. Reapply sunscreen every 1-2 hours. Remember that one bad sunburn before the age of 18 will double his/her risk of skin cancer.
  
- **ORAL CARE:**
  - Please brush your toddler’s teeth with a soft bristle toothbrush twice a day. If their drinking water does not contain fluoride, please use toothpaste that DOES have fluoride in it, but only use an amount the size of a grain of rice. Also, your child should be seeing a dentist at this age and return every 6-12 months.
  
- **SLEEP:**
  - Your toddler should be sleeping about 11-14 hours per day with 10-12 of those hours occurring as nighttime sleep. He/she should no longer be waking you up at night. If you have not already done so, please consider sleep training.
  
- **CAR RESTRAINTS:**
  - Your toddler’s car seat should remain in the backseat facing the rear of your vehicle until he/she is 40lbs.
  
- **VACCINES:**
  - Today, your child may receive vaccines. The most common reaction is a fever within 48 hours of vaccine administration. Please refer to handouts for further information.
  
- **SAFETY:**
  - Lock away medications, cleaning, and lawn supplies. Call Poison Control Help (1-800-222-1222), if you are worried that your child has eaten something harmful.
  - Place gates at the top and bottom of stairs and lock windows on the 2<sup>nd</sup> floor or higher floors.
  - Always have your baby under supervision while in pool or water related activities. Make sure that there are at least 3 barriers between your child and any bodies of water. We strongly encourage that your child learns survival swimming.



- **NUTRITION:**

- Your child should not drink more than 16 oz of whole milk/day. Too much milk can lead to iron deficiency anemia, severe constipation and picky eating.
- Avoid giving your child large pieces of food such as carrots, celery, popcorn, nuts, seeds, hotdogs, or whole grapes that may cause choking. Review the Heimlich maneuver.
- PLEASE AVOID GIVING YOUR CHILD JUICE unless instructed to do so by your pediatrician (for constipation).

- **USEFUL WEBSITES**

- [Healthychildren.org](http://Healthychildren.org)
- [Chop.edu/primary-care/well-child-visits-what-expect](http://Chop.edu/primary-care/well-child-visits-what-expect)