

BRIGHT FUTURES HANDOUT ► PARENT

2 YEAR VISIT



Here are some suggestions from Bright Futures experts that may be of value to your family.

✓ HOW YOUR FAMILY IS DOING

- Take time for yourself and your partner.
- Stay in touch with friends.
- Make time for family activities. Spend time with each child.
- Teach your child not to hit, bite, or hurt other people. Be a role model.
- If you feel unsafe in your home or have been hurt by someone, let us know. Hotlines and community resources can also provide confidential help.
- Don't smoke or use e-cigarettes. Keep your home and car smoke-free. Tobacco-free spaces keep children healthy.
- Don't use alcohol or drugs.
- Accept help from family and friends.
- If you are worried about your living or food situation, reach out for help. Community agencies and programs such as WIC and SNAP can provide information and assistance.

✓ TALKING AND YOUR CHILD

- Use clear, simple language with your child. Don't use baby talk.
- Talk slowly and remember that it may take a while for your child to respond. Your child should be able to follow simple instructions.
- Read to your child every day. Your child may love hearing the same story over and over.
- Talk about and describe pictures in books.
- Talk about the things you see and hear when you are together.
- Ask your child to point to things as you read.
- Stop a story to let your child make an animal sound or finish a part of the story.

✓ YOUR CHILD'S BEHAVIOR

- Praise your child when he does what you ask him to do.
- Listen to and respect your child. Expect others to do as well.
- Help your child talk about his feelings.
- Watch how he responds to new people or situations.
- Read, talk, sing, and explore together. These activities are the best ways to help toddlers learn.
- Limit TV, tablet, or smartphone use to no more than 1 hour of high-quality programs each day.
 - It is better for toddlers to play than to watch TV.
 - Encourage your child to play for up to 60 minutes a day.
- Avoid TV during meals. Talk together instead.

✓ TOILET TRAINING

- Begin toilet training when your child is ready. Signs of being ready for toilet training include
 - Staying dry for 2 hours
 - Knowing if she is wet or dry
 - Can pull pants down and up
 - Wanting to learn
 - Can tell you if she is going to have a bowel movement
- Plan for toilet breaks often. Children use the toilet as many as 10 times each day.
- Teach your child to wash her hands after using the toilet.
- Clean potty-chairs after every use.
- Take the child to choose underwear when she feels ready to do so.

Helpful Resources: National Domestic Violence Hotline: 800-799-7233 | Smoking Quit Line: 800-784-8669
Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236

2 YEAR VISIT—PARENT



SAFETY

Make sure your child's car safety seat is rear facing until he reaches the highest weight or height allowed by the car safety seat's manufacturer. Once your child reaches these limits, it is time to switch the seat to the forward-facing position.

Make sure the car safety seat is installed correctly in the back seat. The harness straps should be snug against your child's chest.

Children watch what you do. Everyone should wear a lap and shoulder seat belt in the car.

Never leave your child alone in your home or yard, especially near cars or machinery, without a responsible adult in charge.

When backing out of the garage or driving in the driveway, have another adult hold your child a safe distance away so he is not in the path of your car.

Have your child wear a helmet that fits properly when riding bikes and trikes.

If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately.

WHAT TO EXPECT AT YOUR CHILD'S 2½ YEAR VISIT

We will talk about

- Creating family routines
- Supporting your talking child
- Getting along with other children
- Getting ready for preschool
- Keeping your child safe at home, outside, and in the car

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

When does my child need a new car seat? All the things you need to know about rear-facing car seats for infants and toddlers.

<https://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Rear-Facing-Car-Seats-for-Infants-Toddlers.aspx>



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®

The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

Inclusion in this handout does not imply an endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of the resources mentioned in this handout. Web site addresses are as current as possible but may change at any time.

The American Academy of Pediatrics (AAP) does not review or endorse any modifications made to this handout and in no event shall the AAP be liable for any such changes.

© 2019 American Academy of Pediatrics. All rights reserved.

Your Child at 2 Years*



Child's Name _____

Child's Age _____

Today's Date _____

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 2. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What Most Children Do by this Age:

Social/Emotional

- Copies others, especially adults and older children
- Gets excited when with other children
- Shows more and more independence
- Shows defiant behavior (doing what he has been told not to)
- Plays mainly beside other children, but is beginning to include other children, such as in chase games

Language/Communication

- Points to things or pictures when they are named
- Knows names of familiar people and body parts
- Says sentences with 2 to 4 words
- Follows simple instructions
- Repeats words overheard in conversation
- Points to things in a book

Cognitive (learning, thinking, problem-solving)

- Finds things even when hidden under two or three covers
- Begins to sort shapes and colors
- Completes sentences and rhymes in familiar books
- Plays simple make-believe games
- Builds towers of 4 or more blocks
- Might use one hand more than the other
- Follows two-step instructions such as "Pick up your shoes and put them in the closet."
- Names items in a picture book such as a cat, bird, or dog

Movement/Physical Development

- Stands on tiptoe
- Kicks a ball
- Begins to run
- Climbs onto and down from furniture without help
- Walks up and down stairs holding on

- Throws ball overhand
- Makes or copies straight lines and circles

You Know Your Child Best.

Act early if you have concerns about the way your child plays, learns, speaks, acts, or moves, or if your child:

- Is missing milestones
- Doesn't use 2-word phrases (for example, "drink milk")
- Doesn't know what to do with common things, like a brush, phone, fork, spoon
- Doesn't copy actions and words
- Doesn't follow simple instructions
- Doesn't walk steadily
- Loses skills she once had

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay and ask for a developmental screening.

If you or the doctor is still concerned

1. Ask for a referral to a specialist and,
2. Call your state or territory's early intervention program to find out if your child can get services to help. Learn more and find the number at cdc.gov/FindEI.

For more information, go to cdc.gov/Concerned.

DON'T WAIT.
Acting early can make a real difference!

★ It's time for developmental screening!

At 2 years, your child is due for general developmental screening and an autism screening, as recommended for all children by the American Academy of Pediatrics. Ask the doctor about your child's developmental screening.



www.cdc.gov/ActEarly
1-800-CDC-INFO (1-800-232-4636)



Download CDC's
Milestone Tracker App



Learn the Signs. Act Early.

Help Your Child Learn and Grow



You can help your child learn and grow. Talk, read, sing, and play together every day. Below are some activities to enjoy with your 2-year-old child today.

What You Can Do for Your 2-Year-Old:

- Encourage your child to help with simple chores at home, like sweeping and making dinner. Praise your child for being a good helper.
- At this age, children still play next to (not with) each other and don't share well. For play dates, give the children lots of toys to play with. Watch the children closely and step in if they fight or argue.
- Give your child attention and praise when he follows instructions. Limit attention for defiant behavior. Spend a lot more time praising good behaviors than punishing bad ones.
- Teach your child to identify and say body parts, animals, and other common things.
- Do not correct your child when he says words incorrectly. Rather, say it correctly. For example, "That is a ball."
- Encourage your child to say a word instead of pointing. If your child can't say the whole word ("milk"), give her the first sound ("m") to help. Over time, you can prompt your child to say the whole sentence — "I want milk."
- Hide your child's toys around the room and let him find them.
- Help your child do puzzles with shapes, colors, or farm animals. Name each piece when your child puts it in place.
- Encourage your child to play with blocks. Take turns building towers and knocking them down.
- Do art projects with your child using crayons, paint, and paper. Describe what your child makes and hang it on the wall or refrigerator.
- Ask your child to help you open doors and drawers and turn pages in a book or magazine.
- Once your child walks well, ask her to carry small things for you.
- Kick a ball back and forth with your child. When your child is good at that, encourage him to run and kick.
- Take your child to the park to run and climb on equipment or walk on nature trails. Watch your child closely.

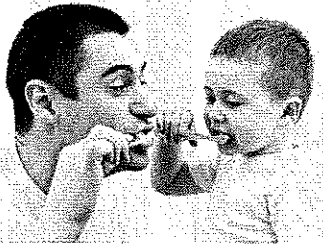
Milestones adapted from *CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5*, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and *BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS*, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics.

This milestone checklist is not a substitute for a standardized, validated developmental screening tool.

www.cdc.gov/ActEarly | 1-800-CDC-INFO (1-800-232-4636)



Learn the Signs. Act Early.



A Guide to Children's Dental Health

.....
The road to a bright smile begins long before the first tooth appears. Parents play a big part in helping their children develop healthy teeth. Early monitoring by your child's doctor and dentist is important.
.....

Steps to good dental health include

- Regular care by a dentist trained to treat young children
(See *What is a pediatric dentist?*)
- Getting enough fluoride
- Regular brushing and flossing
- Eating right

Read on for information from the American Academy of Pediatrics (AAP) about why fluoride is important, when to start cleaning your child's teeth, if pacifier use or thumb-sucking hurts teeth, how to prevent tooth decay, pediatric dentists, and regular dental checkups.

Why is fluoride important?

Fluoride is a natural substance that can be added to drinking water and toothpaste. It strengthens tooth enamel (the hard outer coating on teeth). Fluoride also helps repair early damage to teeth.

Children should drink water with fluoride in it when available. If not available, talk with your child's doctor or pediatric dentist to see if your child needs fluoride tablets or drops. Your child may also have fluoride varnish applied to his teeth by his doctor or pediatric dentist.

When should I start cleaning my child's teeth?

Daily tooth cleaning should start as soon as your baby's first tooth appears. Wipe the teeth with a piece of gauze or a damp cloth at least twice daily, after meals. Switch to a soft toothbrush with a fluoride toothpaste once your child has a tooth.

A smear (the size of a grain of rice) of fluoride toothpaste should be used for children younger than 3 years. For children 3 and older, a pea-sized amount of fluoride toothpaste should be used. Because children tend to swallow toothpaste, using too much fluoride toothpaste while brushing may result in fluorosis (spotting of the teeth).

Also, check the teeth for early signs of tooth decay. Tooth decay appears as white, yellow, or brown spots or lines on the teeth. Any 2 teeth that are touching each other should be flossed to prevent a cavity from forming between the teeth. An ideal baby bite should have gaps between the front teeth.

Does pacifier use or thumb-sucking hurt teeth?

If a child sucks strongly on a pacifier, his thumb, or his fingers, this habit may affect the shape of his mouth or how his teeth are lining up. If he stops using a pacifier by 3 years of age, his bite will most likely correct itself. If he stops sucking on a pacifier, his thumb, or his fingers before his permanent front teeth come in, there's a chance his bite will correct itself. If he continues his sucking habit after his adult teeth have come in, orthodontic care may be needed to realign his teeth.

How can I prevent tooth decay in my baby or child?

Parents, especially if they have a history of cavities, can pass germs that cause cavities and gum disease if they share food or drinks with their children. This is why it is important for parents to keep the following tips in mind:

- Do not share your food or drinks with your children.
- Do not lick your children's spoons, forks, or pacifiers.
- Do make sure to keep your gums and teeth healthy and schedule regular dental checkups. Pregnant women should make sure their gums and teeth are healthy too.

Other ways parents can help prevent tooth decay in their babies and children include

- If you put your child to bed with a bottle, fill it only with water.
- If your child drinks from a bottle or sippy cup, make sure to fill it only with water when it's not mealtime.
- If your child wants a snack, offer a healthy one like fruits or vegetables. (To help your child avoid choking, make sure anything you give your child is soft, easy to swallow, and cut into small pieces no larger than one-half an inch.)
- Avoid sweet or sticky snacks, such as raisins, gummy candies and vitamins, or Fruit Roll-Ups or cookies. There is sugar in foods like crackers and chips too. They should only be eaten at mealtime.
- If your child is thirsty, give her water or milk. If your child drinks milk at bedtime, make sure to clean her teeth afterward. Don't let your child sip drinks that have sugar and acid, such as juices, sports drinks, flavored drinks, lemonade, soft drinks (soda, pop), or flavored teas.

What is a pediatric dentist?

During regular well-child visits, your child's pediatrician will check your child's teeth and gums to make sure they are healthy. If your child has dental problems, your child's pediatrician will refer her to a pediatric dentist or a general dentist trained to treat young children.

A pediatric dentist specializes in the care of children's teeth, but some general dentists also treat children. Pediatricians refer children younger than 1 year to a dental professional if the child

- Chips or injures a tooth or has an injury to the face or mouth.
- Has teeth that show any signs of discoloration. This could be a sign of tooth decay or trauma.
- Complains of tooth pain or is sensitive to hot or cold foods or liquids. This could also be a sign of decay.
- Has any abnormal lesion (growth) inside the mouth.
- Has an unusual bite (the teeth do not fit together right).

Find a pediatric dentist in your area on the American Academy of Pediatric Dentistry Web site at www.aapd.org.

When should my child begin regular dental checkups?

From Your Doctor 

The AAP recommends that all infants receive oral health risk assessments by 6 months of age. Infants at higher risk of early dental caries should be referred to a dentist as early as 6 months of age, and no later than 6 months after the first tooth erupts or 12 months of age (whichever comes first) to establish their dental home. Every child should have a dental home established by 12 months of age.

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



healthychildren.org
Powered by pediatricians. Trusted by parents.
From the American Academy of Pediatrics

The American Academy of Pediatrics (AAP) is an organization of 66,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

The persons whose photographs are depicted in this publication are professional models. They have no relation to the issues discussed. Any characters they are portraying are fictional. Listing of resources does not imply an endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of external resources. Information was current at the time of publication. Products are mentioned for informational purposes only and do not imply an endorsement by the American Academy of Pediatrics. The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

© 2016 American Academy of Pediatrics, Reaffirmed 07/2017. All rights reserved.

GUN SAFETY

and CHILDREN

If you own a firearm, the AAP recommends it be **stored unloaded, locked up** (lock box, cable lock, or firearm safe), with the ammunition stored separately.



About **1/3 of the homes with children** in the United States have a gun. Many are stored **loaded and/or unlocked.**



Every day,

78 children,



teens and young adults are **injured or killed** by guns in the United States.

= death = injury

Source: CDC WISQARS database including data for all races, ages 0-21, from 2013-2016.

The risk of dying by suicide is **4 to 10 times higher**

in homes with guns. If you have **a teen who is at risk for suicide**, remove guns and ammunition from your house.



Children as young as

3 years may be strong enough to **pull the trigger** on a handgun.



The **safest home** for children and teens is one without guns.



healthychildren.org
Powered by pediatricians. Trusted by parents.
from the American Academy of Pediatrics

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



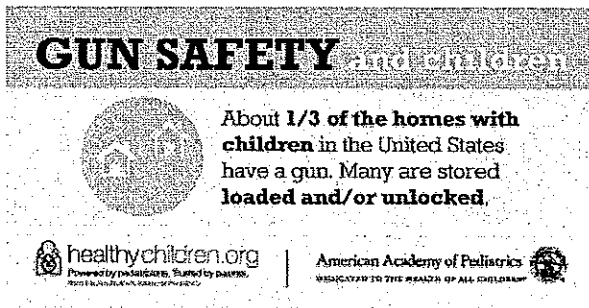
Is There An Unlocked Gun Where Your Child Plays?

On June 21, the American Academy of Pediatrics and the Brady Center to Prevent Gun Violence urges parents to ask a simple question to keep kids safe

A gun, found by a child, can change lives forever in just a few moments. On June 21, the first day of summer, parents are reminded to ask other parents if there is an unlocked gun in the home ([/English/safety-prevention/all-around/Pages/Handguns-in-the-Home.aspx](#)) where their child is going to play.

The American Academy of Pediatrics (AAP) and the Brady Center to Prevent Gun Violence created ASK Day to prevent injuries and deaths from guns that are stored unsafely in homes. The ASK (Asking Saves Kids) campaign promotes a simple idea with the potential to help keep kids safe. Ask, ***"Is there an unlocked gun in your house?"*** before sending your child over to play.

About one-third of homes with kids have guns, many left unlocked or loaded. Just talking to your



GUN SAFETY ASK DAY

About 1/3 of the homes with children in the United States have a gun. Many are stored loaded and/or unlocked.

healthychildren.org
 Powered by pediatricians. Trusted by parents.
 from the American Academy of Pediatrics

American Academy of Pediatrics
 DEDICATED TO THE HEALTH OF ALL CHILDREN

child about the dangers of firearms is not enough. Children are naturally curious. If a gun is accessible in someone's home, there is a good chance a child will find it and play with it. Countless tragedies have occurred when kids found guns that parents thought were well hidden or safely stored.

The ASK Campaign Urges Parents:

If your child is going to play or hang out at a home where he hasn't been before, ask if there is a gun in that home.

- **If the answer is no**, that's one less thing to worry about.
- **If the answer is yes**, then you need to ask how the gun is stored—it should be stored in a locked location and unloaded. Ammunition should be locked up separately.
- **If you are not comfortable with the answers**, you should invite the other child to play at your house instead.



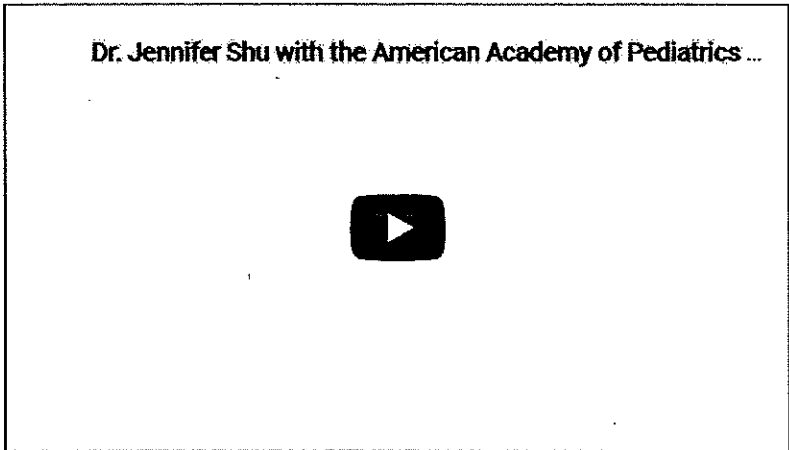
The AAP remains committed to reducing gun injuries to children, and advocates for stronger gun laws, comprehensive access to mental health care, and necessary funding for federal gun violence research and prevention efforts.

GUN SAFETY

The risk of dying by suicide is **4 to 10 times higher** in homes with guns. If you have a **teen who is at risk for suicide**, remove guns and ammunition from your house.

healthychildren.org
Discovers by governments, quality by parents.
www.healthychildren.org

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN



Additional Information:

- [Guns in the Home \(/English/safety-prevention/at-home/Pages/Handguns-in-the-Home.aspx\)](#)
- [10 Things Parents Can Do to Prevent Suicide \(/English/health-issues/conditions/emotional-problems/Pages/Ten-Things-Parents-Can-Do-to-Prevent-Suicide.aspx\)](#)
- www.askingsaveskids.org (<http://www.askingsaveskids.org/>)

Last Updated
7/18/2018








Source
American Academy of Pediatrics (Copyright © 2018)

The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

[Back to Top](#)

Parent Resources for Toddlers

There are so many resources available online for parents. Who do you trust? Here are some links approved by your pediatrician, and the American Academy of Pediatrics.

<p>Healthy Children.org has a wealth of information for parents, including a Symptom checker, ideas for challenging your child to grow in development, and answers to questions about care of your child. https://www.healthychildren.org/English/Pages/default.aspx</p>	
<p>When Your Child Needs Emergency Care – What to do? https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/When-Your-Child-Needs-Emergency-Medical-Services.aspx</p>	
<p>How do I encourage healthy eating? What do I do with a picky eater? This website has ideas our pediatricians use with their own children. https://www.ellynsatterinstitute.org/how-to-feed/</p>	
<p>When does my baby need a new car seat? All the things you need to know about rear-facing car seats for infants and toddlers. https://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Rear-Facing-Car-Seats-for-Infants-Toddlers.aspx</p>	
<p>How do I safely take my baby for a bike ride? When are they old enough? https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Baby-On-Board-Keeping-Safe-On-A-Bike.aspx</p>	
<p>Choking Hazards for young children – babies and toddlers are at a higher risk for choking than older children. Here's a short video on what you can do to prevent it, and how you can help if your baby starts to choke on something. https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Choking-Hazards-Parents-of-Young-Children-Should-Know-About.aspx</p>	
<p>Watch your young toddler near the water! Children don't understand the danger. Here are some tips to keep them safe. https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Swimming-Pool-Safety.aspx</p>	

If you don't have a QR code reader on your phone, try these:

Apple iPhone: Go to the App Store and search for "QR Reader". It's free; no ads.

Android: Go to Google Play Store and search for "QR Code Reader". It's free; no ads.