Bloomfield Pediatric Care

43205 Woodward Avenue Bloomfield Hills, MI 48302

2 Year Old Well Visit

Growth & Development Milestones ✓ Is always in motion, runs & climbs, tires easily

- ✓ Walks up and down stairs alone, walks on tiptoes
- ✓ Goes from random scribbling to somewhat more controlled movements; tower of 5 or 6 blocks
- ✓ Can button and unbutton large buttons
- ✓ Develops greater independence in toileting needs (still needs some help)
- ✓ May have trouble settling down for bedtime
- ✓ Primary teeth finish coming in
- ✓ Asserts by saying 'no', wants own way
- ✓ Mood changes, upset with routine changes
- √ 3-5 word phrases, likes to 'do it myself'
- ✓ Cannot be reasoned with much of the time

- **Personal Health & Wellness** ✓ Offer wide variety of healthy foods and snacks
- ✓ Should be feeding themselves
- ✓ Encourage 2-3 servings of dairy daily for bone growth; time to switch from whole milk to 2%
- ✓ Avoid juices or limit to 4 ounces per day
- ✓ No junk foods or soda pop
- ✓ Support any interest in toilet training
- ✓ Brush twice a day with pea-sized amount of toothpaste and supervised
- ✓ Be consistent with discipline; divert and substitute; use time outs
- ✓ Limit TV time
- ✓ Read, play games, sing & be active!
- ✓ First visit to the dentist

Fire Safety & Burns – Water Safety

- ✓ Test smoke detectors 2x/year
- ✓ Install CO alarm near sleeping areas
- ✓ Keep matches and lighters out of reach
- ✓ Have fire escape plan and PRACTICE!
- ✓ Water heater should be set at 120 degrees or less
- ✓ Watch for burn risks: stoves, space heaters, irons, fireplace
- ✓ Always supervise around open water
- ✓ Teach your child water safety and consider enrolling in swimming lessons.

Home & Personal Safety

- ✓ Safety latches on cabinets and doors is important
- ✓ Insect repellent (<10% DEET) may be applied once daily; wash off before bedtime
- ✓ Children require a tobacco free environment at all times
- ✓ Don't forget sunscreen!
- ✓ Booster once they are 20 pounds until 49 inches!
- ✓ Reinforce stranger safety!

For more information on normal growth and development:

http://www.bloomfieldpediatriccare.com/normaldevelopment/normal-development-2-years-old/

Helpful resources:

Symptom Checker, Immunization Schedule, Medication **Dosing and Nutrition**

http://www.bloomfieldpediatriccare.com/pediatric-healthtopics/

Office Hours:

Monday – Friday 9:00 am to 5:00 pm Saturday (Sept – May) 9:00 am to 12:00pm

Phone Number (248) 451-0600 **Answering Service** (248) 858-6888

Poison Control (800) 222-1222

Child Safety Seat Inspection:

1-866-SEATCHECK; www.seatcheck.org **Beaumont Pediatric After Hours Clinic**

Royal Oak Troy

(248) 551-0222 (248) 964-2888