

NAME \_\_\_\_\_  
 DATE \_\_\_\_\_  
 WEIGHT \_\_\_\_\_ ( \_\_\_\_\_ %)  
 LENGTH \_\_\_\_\_ ( \_\_\_\_\_ %)  
 HEAD \_\_\_\_\_ ( \_\_\_\_\_ %)  
 BMI \_\_\_\_\_ ( \_\_\_\_\_ %)



## FOR YOUR 2 YEAR OLD

### FEEDING

Offer a variety of table foods diced into small pieces. Let your child feed himself with a utensil or fingers. He should be exclusively using a cup.

Avoid giving any large pieces of food, raw carrots or celery, chips, popcorn, nuts, seeds, whole grapes, or hot dogs that may choke your toddler.

Your job as parent is to choose the best foods for your child. Offer 3 regular meals & healthy snacks. Make feeding time happy. It is your child's job to decide how much to eat and even to eat at all! Be a good role model for healthy eating.

Growth in toddlers is sporadic and their appetites follow. Expect appetite slumps and food jags (preference for the same foods at every meal). Do not force-feed your toddler. Offer healthy choices. Limit fatty foods, sweets, and juice intake.

During these appetite slumps, do not play short order cook and prepare another meal in hopes your toddler will eat it. Wait until the next scheduled meal to feed him again.

Your toddler should drink 16-20 oz. of lowfat milk each day. Too much milk can lead to picky eating.

Multivitamins may be used if your toddler's diet is consistently inadequate. Your child does need 400 IU/day of Vitamin D in their diet or as a supplement.

If you are a vegetarian or vegan, it may be necessary to consult a nutritionist to ensure your toddler gets enough protein and zinc.

### DEVELOPMENT (24-36 MONTHS)

Runs, jumps in place, walks up & down stairs, throws ball overhand, dresses with help, and brushes teeth with help.

Puts 2 or more words together, speech becoming more intelligible, may count to 3 or know a few ABC's, follows two-step commands, may recognize colors or shapes.

Uses spoon/fork, uses cup, opens a door, draws a vertical line, and stacks blocks.

More social with other children, plays pretend games, talks on the phone.

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### SLEEP

A regular bedtime routine is very important to toddlers. The average toddler sleeps 13 hours per day. It is normal for your toddler to sleep more or less than the average. Typical bedtime for a toddler is 7-8 pm.

Most toddlers take 1 nap per day. If your toddler is resistant to the nap, it is still important to have a period of rest at a scheduled time each day.

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### SAFETY

Burns, falls, choking, drowning, and poisonings are the biggest hazards in your child's environment. This is a great time to get in the habit of renewing your CPR certification annually.

Guns are dangerous! Keep guns and ammunition locked in separate places.

Lock cabinets and keep cleaners, medications, plastic bags, and small objects away from your toddler.

Keep the Poison Control number by your telephone - (800) 222-1222.

Use a properly fitted bicycle helmet if you take your toddler on a bike ride.

