



2 Year Well Child Visit

Temp _____ Weight _____ Weight % _____
 B/P _____ Height _____ Height % _____
 HR _____
 Resp _____

Immunizations today:
Catch up on any missed vaccinations; Autism Screening Questionnaire

DEVELOPMENT

By 2 years of age, your child should begin to do some of the following:

- | | |
|------------------------------|-----------------------|
| Run well | Show affection |
| Walk up steps | Wash and dry hands |
| Use 2-3 word phrases | Use at least 50 words |
| Speech 1/2 understandable | Stack 4 blocks |
| Follow 1 and 2 step commands | Kick ball |

OTHER:

- Limit time in front of television and monitor what they are viewing
- Encourage interaction with other babies around the same age
- Swimming lessons are appropriate under close supervision
- Use sun block for sun exposure.
- Discourage hitting and biting, while realizing that this is a normal stage in development
- Set limits, enforce them consistently
- Time-outs are appropriate with maximum of 2 minute “in time-out”
- Toilet training may begin as early as 18 months and as late as 3 years old. Do not force the issue
- Baby should be in own crib or bed ideally in own room
- Continue to encourage good eating habits, still recommend 16-24 oz of dairy intake per day
- Continue to maintain good dental hygiene
- Yearly Dental visits

SAFETY

- Assess size of car seat. Ensure it is appropriate for child’s length and weight.
- Continue to baby proof for growing child, chemical and medication storage areas, outlet protectors
- Never leave child unattended near water
- Gate all stairs
- Lock up fire arms and store unloaded
- NO SMOKING

Useful Websites and Numbers: www.brightfutures.org www.aap.org www.kidshealth.org

POISON CONTROL 06371-867070 486-7070

USAHC Stuttgart, Germany

New Parent Support 07031-15-3340/3353
 WIC 07031-15-3351
 EDIS/Early Intervention 07031-15-2697/2547
 Poison Control: 06371-86-7070 DSN 486-7070

Next scheduled visit is at **3 years**
 Call 430-8610 to schedule