



# Kapa'a Pediatrics

## 2 YEARS OLD WELL CHILD CHECK

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### New Milestones!!!

- Gets excited to play with other kids
- Shows defiant behavior
- Knows names of familiar people
- Says 2-4 word sentences
- Names many body parts
- Points and names things in a book
- Stands on tiptoe
- Kick a ball and throw overhand
- Makes or copies a circle

### Parenting

- **Temper Tantrums:**
  - Often due to frustration or attention seeking behavior
  - Make sure child is in a safe place and ignore
  - Ignore attention seeking behavior
- **Time Out:**
  - Tell your child why they are going to time out in one or two **simple sentences**
  - Place child in the same time out area (i.e 2 years old= 2 minutes)
  - Do not speak or look at your child during the time out
- **Potty Training:**
  - Child should show interest
  - Do not force them to use the potty
  - Never punish them for accidents
  - Be patient with your child

### Healthy Habits

- No smoking. Call the Hawaii Tobacco Quit-Line for help: 1-800-QUIT-NOW
- Brush teeth 2 times per day using a rice grain size of fluoride toothpaste, do NOT rinse mouth after brushing
- Limit TV/Video Games/ Computer to 30min/daily

**Read together daily:** Go to the library!!!

### Feeding

- Eating together as a family is important for family dynamic and bonding
- Never watch TV during meal time
- Let them choose from two or three healthy food choices
- Be okay if they choose not to eat but do not give them an unhealthy alternative
- Allow them to help prepare food whenever possible
- NO foods or drinks with added high fructose corn syrup
- NO juice! NO soda!!
- Keep processed foods to a minimum
- Minimize milk intake

## SAFETY

- **BATTERIES and MAGNETS!** If your child swallows any battery or magnet it can be extremely dangerous and it is a medical EMERGENCY!!! Keep them out of reach, think about small electronics that have small circular batteries.
- **Home Checklist:**
  - Stairs blocked off with gates
  - Electrical outlets have safety inserts
  - Small objects kept out of reach
  - Cleaning products locked away in cabinets
- **Windows:** severe injuries can occur when kids fall through windows, move couches and chairs away from windows. Check screens and place window guards if necessary.
- **Car seats:** use rear facing car seat in back seat until at least 1 years old AND 20 pounds. If your child is happy rear facing we recommended leaving them rear facing until 2 years as it is MUCH safer for the head and neck. Never put baby in front seat with passenger air bag.
- **Prevent drowning:** always be within arm's reach near water. Never leave baby alone in tub or near water.
- **Avoid burns:** set hot water heater to 120° max
- **Poison Control Center:** 1-800-222-1222

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# 2 YEARS OLD WELL CHILD CHECK

## The Terrible Twos and Behavioral Tips

1. Spend more time with them: sometimes acting out and bad behavior can simply be corrected by giving them a little more attention. Without enough one on one time improving behavior can be nearly impossible.
2. Prevention: what are the areas that they should not be playing in? Can you block off these areas with a gate or a childproof door lock? What do they always play with that gets them into trouble? Can you place it out of their reach? Think of the times when you are always saying "NO!" and think of a way to prevent the situation.
3. Distract and Divert: if your child is doing something that they should not be, remove them and give them another activity or toy.
4. Don't get Emotional: make simple and non-emotional statements when correcting your child's behavior. Try not to yell or raise your voice.
5. Make consequences logical so that they can understand.
6. Diversify your timeouts:
  - Toddler time out ( 1 minutes per age of child)
  - Toy time out (does the toy causing problems need a time out?)
  - Mommy time out (go into room and close door, 1 minute per age of child)
7. No Lying: be consistent with discipline. Don't make threats that you cannot carry out. You do not want your kids to lie to you and you should not lie to your kids.
8. Remember they are 2! Do not try to reason with them. Address the problem and move on. Don't let it bother you; I can assure you it doesn't bother them.

**What bit my kid!?!?** Insect bites often cause a lot of anxiety but are almost always harmless. Keep these pointers in mind if you are worried about infection.

1. Infection RARELY occurs in the first 48 hours. Redness and swelling that is itchy but NOT tender in the first 48 hours is almost never an infection.
2. Any increasing redness and swelling that occurs AFTER 48 hours is a sign of infection!
3. Spider and Centipede (very painful) bites have a higher risk of getting infected.
4. Warm/Cold compress

**BURNS!** There is a good chance your child will get a burn during their first few years of life. Remember the following tip, for almost EVERY type and degree of burn the best thing to do is IMMEDIATELY put the burn under cold running water for 10-15 minutes. Do this BEFORE calling your doctor.

### Things to look forward to:

- ✓ Riding a tricycle
- ✓ Using 3-4 word sentences
- ✓ Identify letters and numbers
- ✓ Copying shapes
- ✓ Putting clothes on with help
- ✓ Showing imaginative behavior
- ✓ Identify colors



Don't forget to check out our Website!

[www.kapaapediatrics.com](http://www.kapaapediatrics.com)

Common pediatric illness, common medication dosing charts, vaccine information sheets and more!