



2 Year Well Visit

H: _____ %: _____ W: _____ %: _____ HC: _____ %: _____

Nutrition and Activity: Skim or 1% milk and water are best. A child’s palm is their portion size. Avoid sugary foods. Limit screen time to less than 1-2 hours a day.

Toilet Training: Average age for girls is 2.5, boys 3.5 years. Watch for readiness signs: dry >2 hours, awareness of being wet, can help pull pants up/down, Motivation. Read books about training.

Development: Can kick a ball, throw overhand, jump, use 1 stair at a time, turn pages.

Language: Can put 2 words together — read together daily, use choice questions and simple words, and watch for longer word trails. Ask your child to point to things as you read and talk about the pictures in books.

Temper Tantrums: With independence comes frustration; ignore or redirect when possible, time out for rough behavior or frank disobedience (in a safe place for up to 2 minutes). Be consistent. Give hugs often.

Safety: Keep the car seat rear-facing as long as possible. Supervise outside and around animals. Start using a helmet while on wheels. If there are any household guns, keep them and ammunition locked separately. Poison control **1-800-222-1222**.

Dental Health: AAPD recommends fluoride toothpaste with twice daily brushing: the size of a grain of rice until they are able to spit, then pea-sized. Dentist visits begin at 12 months of age.

Immunizations: DTaP, hepatitis A if not already given.

Medication Dosage:

	18-24 lb	24-36 lb	36-48 lb
Acetaminophen (160mg/5mL)	3.75 mL (¾ tsp)	5 mL (1 tsp)	7.5 mL (1.5 tsp)
Infant Ibuprofen (50mg/1.25mL)	1.875 mL	2.5 mL (½ tsp)	---
Children’s Ibuprofen (100mg/5mL)	3.75 mL (¾ tsp)	5 mL (1 tsp)	7.5 mL (1.5 tsp)

Next visit: 3 years old