

Age: 2 Years

# HEALTH TRACKS

A Newsletter from Caring Connections and Otter Tail County Public Health



## Greetings!

By now, you've realized how unique your toddler is. He is standing up now and walking a lot. Like most toddlers, he is probably no longer content to stay in one place. At 2 years of age, toddlers are curious about the world and want to explore it. They walk, touch, poke, smell and taste things. They work hard finding out about things. In this way, they learn to master new skills.

The child who is curious one minute may be fearful the next. Toddlers have both a growing sense of independence and a need for security and love. The frustration - and fun - of having a toddler comes from helping him through these ups and downs by providing love along with secure boundaries to explore the world.

## Your Child's Health Care



### Immunizations (shots)

If your child has not yet received a second dose of the Hepatitis A vaccine, it should be given at this time.

### Well-Child Check-ups

Your toddler's 2 year check-up is now due. After age 2, your child will probably have one well child check-up each year.

### Dental Care for Your Toddler

- ☺ Look at your child's teeth and gums often so you can notice any changes.
- ☺ Brush their teeth at least once a day with a pea-sized amount of toothpaste with fluoride.
- ☺ Teach your child to spit out the toothpaste.
- ☺ Take your child to the dentist by age 3 or sooner, if you have concerns

#### **\*\*ACTIVITY TIP\*\***

Continue to read to your child and hug her often. Introduce her to the library and check out tapes, records and books.

## Positive Parenting



### Paying attention to what your child says

Look at your child when they speak. Show interest in what they say by getting down to eye level or lifting them up onto your lap to talk. Help them learn more words by talking about the color, shape and size of things.

### Helping your child be independent

One way your child starts becoming independent is by saying "no." Be firm but calm when they say this. Let the child make choices about simple things. For example, give a choice of three shirts to wear or two kinds of fruit to eat. It is important to set rules so your child can be safe while they learn. However, they are NOT old enough to always remember your rules. Continue to watch your child closely.

### Coping with temper tantrums

Sometimes children yell, kick and scream when they can't do what they want. This is part of trying to be independent. It also is a way to show anger. It is best to stay calm during temper tantrums. If you get mad, it can make your child's tantrum worse. If you are in a public place, calmly take the child to a quiet place. Stay with your child while they calm down. Talk about feelings so they can learn to use words instead of tantrums.

## Your Growing Child



A child at this age may:

- jump, run or walk up and down the stairs with help
- play tag or hide and seek, ride a tricycle with help, and toss a ball
- listen to short stories
- turn the pages of a book
- copy another child's play
- understand more words than he can say, and may sometimes use two-word sentences
- may want to dress and/or undress themselves.