



TWO YEAR VISIT Anticipatory Guidance

Safety

- **Car Seat Safety.** Make sure your child's car seat is rear facing until he reaches the highest weight or height allowed by the manufacturer. Once he reaches these limits, it is time to switch the seat to forward facing. Read more about car seat safety at healthychildren.org and the [CDC](http://cdc.gov).
- Never leave your child alone in your home or yard, especially near cars or machinery, without a responsible adult in charge.
- When backing out of the garage or driving in the driveway, have another adult hold your child a safe distance away.
- Have your child wear a helmet that fits properly when riding bikes and trikes.
- If you have a gun in your home, store it unloaded and locked with the ammunition locked separately.

Language Development

- Use clear, simple language with your child. Don't use baby talk.
- Talk slowly and remember that it may take a while for your child to respond. Your child should be able to follow simple instructions.
- Read to your child every day. Your child may love hearing the same story over and over.
- Talk about and describe pictures in books.
- Talk about the things you see and hear when you are together.
- Ask your child to point to things as you read.
- Stop a story to let your child make an animal sound or finish a part of the story.

Behavior

- Praise your child when he does what you ask him to do.
- Listen to and respect your child. Expect others to do as well.
- Help your child talk about feelings.
- Watch how he responds to new people or situations.
- Read, talk, sing, and explore together. These activities are the best way to help toddlers learn.
- Limit TV, tablet, or smartphone use to no more than 1 hour of high-quality programs each day.
- Avoid TV or other electronics during meals.

Toilet Training

- Wait until your child is ready for toilet training (average age is 2.5). Signs of being ready include:
 - Staying dry for 2 hours
 - Knowing if he is wet or dry
 - Can pull pants up and down
 - Wanting to learn
 - Can tell you if he is going to have a bowel movement
- Plan for toilet breaks often. Children use the toilet as many as 10 times a day.
- Teach your child to wash their hands after using the toilet.

- Clean potty-chairs after every use.
- Take the child to choose underwear when he feels ready to do so.

Sleep Habits

- Put your child to bed at the same time every night. Early is better.
- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine that includes a book.
- Try to put your child down when he is drowsy but still awake.
- Don't give your child a bottle in bed.
- Don't put a TV or any electronics in your child's room.
- Avoid giving your child too much attention if he wakes during the night. Use words to reassure and give a blanket or toy to hold for comfort.

Next Well Check: 2.5 years (30 months) of age

This is general guidance. Please speak with us directly about specific concerns for your child. Well checks are an important time to review growth, development, and what to expect over the next few months with your toddler.