



Developmental Notes - Two Years

Milestones:

At two years of age most children climb and descend steps alone, one step at a time, holding the stair rail or a parent's hand. They can open doors, climb on furniture, use utensils well, kick a ball and throw overhand. They should be able to stack at least five or six blocks. Most two year olds have a vocabulary of at least fifty words and can use some two word phrases. They should start being able to give their first name and their age. They should respond to a two part verbal command. They should imitate adults, i.e. imitating housework. They should also use toys appropriately, i.e. hammering in a peg on a cobbler's bench.

Safety:

Poison Control Center at 1-800-222-1222

- Remember to childproof your home and have the Poison Control Center phone number posted in your home.
- Tap water should not exceed 120 degrees Fahrenheit.
- Potential poisons should be locked up in cabinets.
- Medicines should not be left on tables or dresser tops.
- Turn pot handles toward the back of the stove.
- Keep toddlers away from hot stoves, space heaters, wall heaters, irons and fireplaces.
- Never underestimate the child's ability to climb.
- Plastic bags and balloons can cause suffocation.
- Close supervision of this age group is a must.
- If a child knows how to swim at this age, that fact does not make him/her water safe.

Diet:

Do not coax or fight with your child to eat. Do not make meal time a battle ground. Children require three to four servings of dairy products per day. A serving may be a cup of milk, a cup of yogurt, a slice of cheese or a cup of calcium fortified juice.

Please remember to avoid the choking foods: peanuts, popcorn, whole hot dogs, M&M's, hard candies, carrot and celery sticks and whole grapes.

If you have not discontinued the use of the bottle, now is a good time.

Vitamins:

If your child consumes less than six ounces of fluoridated drinking water each day, please ask our physicians regarding supplementary vitamins.

All children require vitamin D to prevent rickets and vitamin D deficiency. Toddlers and children who do not get regular sunlight exposure and who do not ingest at least 33 ounces of vitamin D-fortified milk, should take a supplement containing at least 400 IU international units of vitamin D.