

Two Years



DATE _____
Weight _____
Height _____

BODY / SEXUAL

- Points to body parts
- Correct names for body parts
- Okay to bathe kids together if neither one minds
- Answer questions simply/ clearly – they don't need or want the whole story.

INTELLECTUAL

- 2 words together
- Spoon feeding okay
- They talk better if they need to

ADJUSTMENT / ADAPTATION

- They don't share
- They don't play together well
- Let kids settle their differences on their own

DISCIPLINE

- Oppositional
- Negative
- Temper tantrums
- Pick your battles – never lose
- Don't forget: "Good luck," "I'm sorry," and "Nice try."
- Be consistent
- Always present a united front – back up your spouse.
- A sense of humor mixed with wisdom is a great combination.
- Know when to fight, know when to fold.

NUTRITION

- May eat about half the time
- Meal pattern: 3 meals, 2-3 snacks
- You: What, when, where
- Child: Whether, how much
- Mealtime: Pleasant, enjoy
- Food is not the most important part
- You can't make a child eat.

SAFETY

- May wander off and get lost
- Drowning common
- Car seat
- Lock up drugs / liquor

- Store guns safely
- Falling, bruising, simple cuts frequent
- Keep poison and emergency numbers handy (271-5454). Accidents account for over 50% of deaths. Hot water at 120°. Fire extinguisher and smoke alarm. Trampoline jumping very dangerous. Take CPR course.

ENVIRONMENTAL / BIOLOGICAL

- Supervised play with other children especially outdoor
- Adequate rest / nap
- Family and parent problems need control. Provide a calm home that is safe, fun and healthful. Encourage learning situations.

POLLUTANTS

- Store paints carefully
- Avoid cigarette smoke and toxic fumes
- Guard against unnecessary exposures.

INFECTION

- Exposure chance high at nurseries, day care, shopping centers
- Avoid known sick people
- Common to be ill 6 to 8 times a year with colds, cough, vomiting, diarrhea, fever
- Reduce by limiting exposures

PSYCHOLOGICAL

- Reverse psychology
- Thoughts
 - Most toddlers aren't as bad as they could be.
 - **BAD NEWS:** Your toddler will be worse than you expect (sometimes).
 - **GOOD NEWS:** Sometimes your toddler will be better than you expect.

SUGGESTED READING

- *Parenting with Love and Logic* -- Cline/Faye
- *Siblings without Rivalry* -- Faber/Mazlish
- *Grace-Based Parenting* – Kimmel
- *Winning at Parenting* -- Coloroso (CD/DVD)