

HEALTH SUPERVISION VISITS

TWO YEAR VISIT

BEHAVIOR

- Praise good behavior/accomplishments; listen to and respect your child
- Help child express such feelings as joy, anger, sadness, frustration
- Encourage self-expression
- Learn child's way of reacting to people/situations
- Encourage child to play with other children
- Limit TV and video to no more than 1-2 hours of quality programming per day
- If you allow TV, watch together and discuss
- Choose TV alternatives (reading, games, and singing).
- Encourage physical activity; be active as a family

TOILET TRAINING

- Begin when child is ready (dry for periods of 2 hours, knows wet and dry, can pull pants up/down, can indicate bowel movement)
- Plan for frequent toilet breaks (up to 10 times a day)
- Teach personal hygiene (wash hands, sneeze/cough into shoulder)

SAFETY

- Install car safety seat in back seat
- Make sure everyone else uses a safety belt
- Use bike helmet
- Supervise child outside, especially around cars, machinery, in streets
- Remove guns from home; if gun necessary, store unloaded and locked, with ammunition locked separately

DEVELOPMENT

- Imitates adults, plays alongside other children
- Has at least 50 words, uses 2-word phrases
- Follows 2-step commands
- Turns pages one at a time, throws ball overhand
- Goes up and down stairs one at a time, jumps up