



## 2 Year Old Child Important Points



### **Diet:**

- After 24 months, whole milk is no longer recommended. The American Academy of Pediatrics recommends 16-24 ounces of skim or 1% milk. Soy is only recommended if you are vegan. Other forms of “milk” don’t have enough protein.
- Children grow in spurts at this age and their body tells them when they are hungry and when they are full. We are taught to over eat, so good rule to follow is to not use the statements to your child such as “just one more bite” or “if you do not finish your broccoli you will not get your ice cream”.
- Mealtime is the time to teach your child the kind of table manners and behavior you want them to learn.

### **Behavior:**

- The hallmark of this age is STUBBORNESS! Try to be patient and firm. Give a couple of choices to give them some control but be firm.
- Positive reinforcement is the most effective form of discipline. Spanking is never okay.
- At this age, children often say “no” or refuse to do what you want them to do, teach and lead, have as few rules as necessary and enforce them.

### **Potty Training:**

- You may introduce the concept of potty training, but most kids aren’t able until 2 ½ or 3 years when they are aware and able to negotiate the clothes and pull ups. Have a relaxed approach and don’t let them think it’s important to you or they’ll resist. Always let them poop in a diaper if they are scared. You want to avoid constipation and stool withholding. They all figure out it’s not cool to poop in a diaper sooner or later!
- Being dry at night isn’t a training issue. Our brain makes a hormone at night to keep our kidneys from making urine until morning. This happens usually between 3 and 6 years. Wait until your child is dry for a few months before getting rid of the pull ups.
- Praise your child for letting you know they are wet or soiled or if they tell you they need to use the potty.

### **Safety:**

- Never leave a child alone in a bathroom with a filled bathtub and keep toilet seats down.
- Keep your child facing backwards in their car seat until they meet the height or weight limit of the car seat (usually until 40 inches or 40 pounds).