

AT TWO YEARS OF AGE

Height _____ Weight _____ Head Circ. _____

As a parent, you want to do all you can to help your child grow and develop normally. Here are some activities and guidelines:

Developing language skills and understanding:

- ❖ **Learning name** – Help your child learn his or her first and last name. You can say the full name of your child very softly, and ask your child to say it softly back to you.
- ❖ **Hearing personal stories** – Tell stories about your child based either on real events or on make-believe ones.
- ❖ **Naming objects** – When you are dressing your child, name pieces of clothing.
- ❖ **Read to your baby. Sing to your baby.**

Developing control of small muscles and solving problems:

Matching pictures and objects – Show your child how to match pictures with the real things, such as matching a picture of a ball with a real ball.

Learning number concepts – Show your child how to group things in ones, twos and threes, and so on. Tell your child how many there are and help him or her count them.

Drawing a face/shapes – Show your child how to draw shapes such as circles, lines and so on.

Vaccines given today:

DtaP
Hib
Polio
Prevnar
MMR
Varivax
DT
Hep B
Hep A
Pneumococcal
Flu vaccine
Vaccinations are typically completed by age two with no further vaccines required until 4 years of age. We recommend a flu vaccine annually, for children six months of age and older.

Next Well Appt. _____

Questions about vaccines?

We recommend these web sites:

www.vaccine.chop.edu

www.cdc.gov

Potty training readiness:

If your child shows the following signs, he or she may be ready for potty training:

- ❖ Dry diapers after naps.
- ❖ Regular bowel movements.
- ❖ Remember to Always Wash Hands before leaving the bathroom.

At 2 years of age your child may :

- ❖ Use a spoon and gets most of the food in his mouth.
- ❖ Follow simple directions.
- ❖ Help with dressing and undressing himself.
- ❖ Pretend to do things; feed a doll using a bottle and a spoon.
- ❖ Run. Kick a ball forward.
- ❖ Make a tower of 4 blocks.
- ❖ Put two to three words together.
- ❖ Point to at least two different body parts when asked.

Feeling good. Help your child feel good about himself:

1. Tell your child when he has done a good job
2. Thank your child for helping.
3. Tell your child what to do rather than what not to do. For example, "We color only on the paper."

Remember: No two children grow at exactly the same rate. If you have any questions or concerns about these tips and guidelines or your child's development, please contact us.

Notes from visit or questions:

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