

# Well Check: 2 years

Your child may want to play with other children more now. This is a great time to take part in safe, healthy playtime by taking your child to a park or joining a play group.

## Keeping your child safe and well

Because your child is moving around more, dangerous situations can happen quickly. Keep a close eye on your child, and keep building good everyday habits.

- **Make sure your child gets recommended immunizations on schedule.**
- **Be safe at home and other places.**
  - Make sure a responsible adult is always looking after your child while in your home, yard, garage, or on a playground.
  - Always hold your child's hand when near a driveway or street or in a parking lot.
  - Make sure your child wears a helmet when riding a bike or trike. Wear your helmet as an example.
  - Put a hat and sunscreen on your child when out in the sun.
  - Stay within arm's reach when your child is near water. Make sure pools have locked fences around them and play pools are emptied after use.
  - If there is a gun in any house that your child visits, make sure it's locked up at all times.
- **Be safe in and near cars.**
  - Turn your child's car seat to face the front of the car as soon as your child meets the car seat's size recommendations. Be sure it's installed correctly. There should be no more than a finger's width of space between your child's car seat and the harness.
  - Make sure everyone in the car uses seat belts.
  - **Never leave your child alone in a car.**



At 2 years old, most children:

- Copy the actions and words of other people
- Kick a ball and begin to run
- Say sentences with 2 to 4 words
- Know the names of body parts and familiar people
- Do things they have been told not to do
- Are beginning to sort colors and shapes
- Get excited around other children and may start to include them in their play

Children will reach milestones at their own pace. For detailed information about milestones, visit [cdc.gov/actearly](https://www.cdc.gov/actearly), or call 1-800-CDC-INFO.

- **Have healthy teeth-cleaning habits.**
  - Brush your child's teeth morning and night with a toothbrush and a pea-sized amount of toothpaste.
  - Visit the dentist every 6 months, and ask about using fluoride.
  - Give your child water instead of juice to drink. Juice has a lot of sugar, which is bad for teeth.

## Feeding your child

- At this age, children should be mostly feeding themselves with a spoon and without help.
- **Model healthy eating habits.** Offer a variety of fruits, vegetables, and grains for your child to choose from. Avoid unhealthy junk food and fast food.
- Try to eat 1 or 2 meals together as a family each day. Eat sitting down at the table.
- If you're concerned about your child's weight or eating habits, ask your doctor for advice.

## Helping your child grow

- **Help your child learn to talk.**
  - Read books and sing songs together every day. Take your child to story time at the library.
  - Talk about the things you see and hear together. Ask your child to point to things as you read.
  - Listen carefully to your child. Instead of correcting your child's grammar, try repeating back what was said using correct grammar.
- **Let your child decide when to start toilet training.**
  - Signs your child is ready for toilet training include staying dry for 2 hours, knowing if the diaper is wet, being able to pull pants down, and wanting to learn.

### My follow-up appointment

Your next well-child visit will be when your baby is 2½ years old.

Date /Time: \_\_\_\_\_

Here are some helpful resources in the meantime:

- For more age-appropriate safety information, visit [safekids.org](https://www.safekids.org) and sign up for the monthly newsletter.
- If you need help with housing, food, or if you feel unsafe at home, call 2-1-1, or visit [211ut.org](https://www.211ut.org) for community services.

- Take your child shopping to choose underwear when ready.
- Practice using the toilet. Have your child sit on the toilet every hour or two. Praise your child when successful.
- Teach good handwashing.
- **Help your child learn good behavior.**
  - Make time for your child to play with others their age. Join a playgroup, or invite other children over to play.
  - Put your phone away so you can look at and listen to your child. Be an example of paying attention.
  - Teach your child acceptable ways to communicate when upset. Help your child describe feelings.
  - Praise your child for good behavior. Hug and hold your child.
  - Be an example of responding calmly. Always treat your child with respect. Don't let anyone make fun of your child's fears.
  - Give your child choices between 2 good options, such as which book to read.
  - Your child may not want to be away from you or meet new people. This is normal at this age.
- **Help your child learn good sleep habits.** Your child needs 11 to 14 hours of sleep each day.

## Keeping your child active

- **Limit screen time.** Keep screen use to no more than 1 hour per day of quality programming. When you can, watch together and talk about what you see.
- **Play active games as a family.** Go outside often. Make sure your child is active with others.

### When should I call?

If you think your child may have swallowed something harmful or toxic — such as medicines, adult vitamins, or cleaning supplies — call Poison Control immediately at 1-800-222-1222.

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