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2 YEARS

Every child is unique. The following is a guide to help you better understand what to expect from your child.



HOW DO I MEASURE UP?

WEIGHT:	_____ lbs	_____ oz	_____ %
LENGTH:	_____ inches		_____ %
HEAD CIRC:	_____ cm		_____ %



FEEDING: You may switch your child to low fat milk at age 2 (either 2% or skim). Continue to adhere to the 24 oz/day maximum. You may notice that your child becoming a “picky eater”, this is normal. Be patient and continue to introduce a good variety of healthy food choices. Children in this age group should be fed breakfast, lunch, and dinner as well as at 1-2 snacks/day. Kids should have between 2-3 servings of dairy/day (milk, cheese, yogurt etc). Limit fast food to 1-2 times per week at the most.



SLEEPING: Consider moving child into “big kid” bed. Use side rails for extra protection.



IMMUNIZATIONS: catch up only 😊



DEVELOPMENT:

2 years:

- Takes stairs alone
- Expresses hand dominance
- Interested in using potty
- 2-3 word sentences
- partly dresses self

2-3 years:

- Scribbles
- Interested in stacking blocks/puzzles
- Climbs and runs
- toilet training
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NEXT VISIT: 30 MONTHS – 3 YEARS