



Two Year Preventive Exam

Behavior

You've probably heard the phrase, "terrible two's". This is an age where children will test authority to see what your limits are, and how well you enforce those limits. It's not really a terrible age; think of it instead as an age of new-found freedom and curiosity. Decide on your limits, then try to be as consistent as you can. Reward good behavior with praises, hugs, and small treats like stickers. Use "time-out" as a consequence for inappropriate actions. Time-out is a quiet spot such as the corner of a room, or a boring room such as a den, in which your child can cool down. Use one minute for each year of age. Then talk to him about what he did to warrant a stay in time-out. Most kids will continue to test you. Remember to be consistent.

Development

Your child should be using at least 50 words. She should be putting words together to make short phrases, and using pronouns like "I", "me", and "you". You can work on teaching colors and counting. She should imitate horizontal or circular strokes with a crayon. She should be able to kick a ball, throw overhand, climb stairs one at a time, and stack 5 or 6 blocks. She may be showing an interest in toilet-training. Get her a potty seat, give positive reinforcement, but do not force it if she doesn't want to use the potty. Most kids are ready by about 2 ½ to 3 years of age. Avoid exposing her to television and be aware of the content of television shows or videos she watches. Any media exposure should be limited to 30 minutes per day.

Remember to brush his teeth with a dab of fluoride toothpaste twice a day. Kids should start seeing the dentist by the age of 3 unless there is a problem noted earlier. Continue to use a car seat whenever driving with him. Don't leave him unattended in a car or house. Be very cautious around streets and swimming pools.

Click here for our [Medication Dosing Guide](#) to see recommended dosing of acetaminophen and ibuprofen.

A FEW SAFETY REMINDERS: CHILDPROOF YOUR HOME; INSTALL AND CHECK OPERATION OF SMOKE DETECTORS; SET HOT WATER TEMPERATURE AT 120 DEGREES; AVOID SUNBURN; KEEP ALL FIREARMS SAFELY LOCKED UP.