

Anticipatory Guide Two Years

GROWTH AND DEVELOPMENT:

The two year old, or “toddler” has learned to control his/her body, and is now able to run, walk backwards, and go up and down steps. The toddler goes everywhere and examines everything.

Toddlers will show off to their parents and like to see them laugh. Other times they want their own way, and will throw a temper tantrum when they cannot get their own way. They are learning their limits. Parents need to teach and set limits for their children.

A two year old likes to talk and act like an adult. A child will repeat words, act as if they were reading the newspaper, or take off their shoes. He/she will want to do things for themselves. A two year old enjoys looking at books and listening to songs. At this age he/she should be using two word sentences. Toddlers play well along side other children, not with the other children.

At this age, children are fearful and clinging. When they are separated from their parents, ever for short periods, it can be very upsetting for them. Toddlers cling because you are the most important thing in their young lives.

FEEDING:

Toddlers may at times eat very little. Most often they will eat what they need if the meals are appetizing with different types of food, and given a small amount. Foods are eaten with a spoon or with their fingers. Because of their interest in everything around them, mealtime may be a very lengthy and messy operation! Be prepared! Be patient!

TOILET TRAINING:

The average age for bladder control is between two and three years of age. Toilet training can be started when the child has developed some muscle control. A child can let you know that he has to use the toilet. A child is ready when he/she can sit for ten to fifteen minutes. Don't force him/her to sit longer than five to ten minutes. Stay with them during that time. Let your child know how pleased you are if he succeeds. Allow the child to see the results of his effort. When your child soils his diaper, let them know you are not pleased, but don't punish or shame them. If the child does not want to be trained, do not show anxiety or anger. Don't begin toilet training when there are stresses in his life. When a parent teaches a child bladder control, the child needs to be taken to the toilet often during the day. Use diapers until the diaper is dry most of the time at nap and night time. **BE PATIENT.** A child will learn he is in control of his/her own body. They will learn that using the toilet is more grownup and good behavior. He will have a feeling of pride and pleasure when he has learned to use the toilet. Remember, they like to act like adults.

SELF-ESTEEM:

Here are simple steps to teach your child with a strong sense of his own worth. Build on your child's strengths. Catch him/her when they are doing something right and tell your child you are proud of him. Say "thank you" when your child is helpful and willing to help. Everyone wants to feel worthwhile and important. Encourage your child to take on new tasks. Support your child in learning new behaviors and mastering new skills. Self esteem is gained by doing, taking action, and getting involved. The more new experiences your child has, the more sure he/she will be of himself. When talking about your child, talk about his/her past successes. Start building your child's self esteem now. It is the best gift you can give to your child and yourself.

SAFETY:

Use an approved car safety seat always until your child weighs at least 40 pounds. The best location is in the center of the back seat. Set an example for your child and always buckle up.

Keep medicine, cleaning solutions and other poisonous substances in child proof containers, locked up, and out of reach. Keep dangerous liquids in their original containers; do not put them in soda pop bottles or other containers for storage purposes. This number is important, so keep it in a special place. **Poison Control Center—1-800-492-2414 or 410-706-7701.**

IMMUNIZATIONS:

Your child's vaccine (shot) record should be up to date. Check with your doctor to make sure that your child is up to date. Protect your child! Your child is also due for a blood test to check for anemia and lead poisoning.

Temper Tantrums: A Normal Part of Growing Up



Strong emotions are hard for a young child to hold inside. When children feel frustrated, angry, or disappointed, they often express themselves by crying, screaming, or stomping up and down. As a parent, you may feel angry, helpless, or embarrassed. Temper tantrums are a normal part of your child's development as he learns self-control. In fact, almost all children have tantrums between the ages of 1 and 3. You've heard them called "the terrible twos." The good news is that by age 4, temper tantrums usually stop.

Why do children have tantrums?

Your young child is busy learning many things about her world. She is eager to take control. She wants to be independent and may try to do more than her skills will allow. She wants to make her own choices and often may not cope well with not getting her way. She is even less able to cope when she is tired, hungry, frustrated, or frightened. Controlling her temper may be one of the most difficult lessons to learn.

Temper tantrums are a way for your child to let off steam when she is upset. Following are some of the reasons your child may have a temper tantrum:

- Your child may not fully understand what you are saying or asking, and may get confused.
- Your child may become upset when others cannot understand what she is saying.
- Your child may not have the words to describe her feelings and needs. After 3 years of age, most children can express their feelings, so temper tantrums taper off. Children who are not able to express their feelings very well with words are more likely to continue to have tantrums.
- Your child has not yet learned to solve problems on her own and gets discouraged easily.
- Your child may have an illness or other physical problem that keeps her from expressing how she feels.
- Your child may be hungry, but may not recognize it.
- Your child may be tired or not getting enough sleep.
- Your child may be anxious or uncomfortable.
- Your child may be reacting to stress or changes at home.
- Your child may be jealous of a friend or sibling. Children often want what other children have or the attention they receive.
- Your child may not yet be able to do the things she can imagine, such as walking or running, climbing down stairs or from furniture, drawing things, or making toys work.

How to help prevent temper tantrums

As a parent, you can sometimes tell when tantrums are coming. Your child may seem moody, cranky, or difficult. He may start to whine and whimper. It may seem as if nothing will make him happy. Finally, he may start to cry, kick, scream, fall to the ground, or hold his breath. Other times, a tantrum may come on suddenly for no obvious reason. You should not be surprised if your child has tantrums only in front of you. This is one way of testing your rules and limits. Many children will not act out their feelings around others and are more cautious with strangers. Children feel safer showing their feelings to the people they trust.

You will not be able to prevent all tantrums, but the following suggestions may help reduce the chances of a tantrum:

- **Encourage your child to use words** to tell you how he is feeling, such as "I'm really mad." Try to understand how he is feeling and suggest words he can use to describe his feelings.
- **Set reasonable limits** and don't expect your child to be perfect. Give simple reasons for the rules you set, and don't change the rules.
- **Keep a daily routine** as much as possible, so your child knows what to expect.
- **Avoid situations that will frustrate your child**, such as playing with children or toys that are too advanced for your child's abilities.
- **Avoid long outings or visits** where your child has to sit still or cannot play for long periods of time. If you have to take a trip, bring along your child's favorite book or toy to entertain him.
- **Be prepared with healthy snacks when your child gets hungry.**
- **Make sure your child is well rested**, especially before a busy day or stressful activity.
- **Distract your child** from activities likely to lead to a tantrum. Suggest different activities. If possible, being silly, playful, or making a joke can help ease a tense situation. Sometimes, something as simple as changing locations can prevent a tantrum. For example, if you are indoors, try taking your child outside to distract his attention.
- **Be choosy about saying "no."** When you say no to every demand or request your child makes, it will frustrate him. Listen carefully to requests. When a request is not too unreasonable or inconvenient, consider saying yes. When your child's safety is involved, do not change your decision because of a tantrum.
- **Let your child choose whenever possible.** For example, if your child resists a bath, make it clear that he will be taking a bath, but offer a simple decision he can make on his own. Instead of saying, "Do you want to take a bath?" Try saying, "It's time for your bath. Would you like to walk upstairs or have me carry you?"
- **Set a good example.** Avoid arguing or yelling in front of your child.

A word about...safety

Many times, you will have to tell your child “no” to protect her from harm or injury. For example, the kitchen and bathroom can be hazardous places for your child. Your child will have trouble understanding why you will not let her play there. This is a common cause of a tantrum. “Childproof” your home and make dangerous areas or objects off-limits.

Keep an eye on your child at all times. After telling your child “no,” never leave her alone in a situation that could be hazardous. Take away dangerous objects from your child immediately and replace them with something safe. It is up to you to keep your child safe and teach her how to protect herself from getting hurt. Be consistent and clear about safety.

What to do when tantrums occur

When your child has a temper tantrum, follow the suggestions listed below:

1. Distract your child by calling his attention to something else, such as a new activity, book, or toy. Sometimes just touching or stroking a child will calm him. You may need to gently restrain or hold your child. Interrupt his behavior with a light comment like, “Did you see what the kitty is doing?” or “I think I heard the doorbell.” Humor or something as simple as a funny face can also help.
2. Try to remain calm. If you shout or become angry, it is likely to make things worse. Remember, the more attention you give this behavior, the more likely it is to happen again.
3. Minor displays of anger such as crying, screaming, or kicking can usually be ignored. Stand nearby or hold your child without talking until he calms down. This shows your support. If you cannot stay calm, leave the room.
4. Some temper tantrums cannot be ignored. The following behaviors should not be ignored and are not acceptable:
 - Hitting or kicking parents or others
 - Throwing things in a dangerous way
 - Prolonged screaming or yelling

Use a cooling-off period or a “time-out” to remove your child from the source of his anger. Take your child away from the situation and hold him or give him some time alone to calm down and regain control. For children old enough to understand, a good rule of thumb for a time-out is 1 minute of time for every year of your child’s age. (For example, a 4 year old would get a 4-minute time-out.) But even 15 seconds will work. If you cannot stay calm, leave the room. Wait a minute or two, or until his crying stops, before returning. Then help him get interested in something else. If your child is old enough, talk about what happened and discuss other ways to deal with it next time.

For more information, ask your pediatrician about the American Academy of Pediatrics brochure *Discipline and Your Child*.

You should never punish your child for temper tantrums. He may start to keep his anger or frustration inside, which can be unhealthy. Your response to tantrums should be calm and understanding. As your child grows, he will learn to deal with his strong emotions. Remember, it is normal for children to test their parents’ rules and limits.

Do not give in by offering rewards

Do not reward your child for stopping a tantrum. Rewards may teach your child that a temper tantrum will help her get her way. When tantrums do not accomplish anything for your child, they are less likely to continue.

You may also feel guilty about saying “no” to your child at times. Be consistent and avoid sending mixed signals. When parents don’t clearly enforce certain rules, it is harder for children to understand which rules are firm and which ones are not. Be sure you are having some fun each day with your child. Think carefully about the rules you set and don’t set too many. Discuss with those who care for your child which rules are really needed and be firm about them. Respond the same way every time your child breaks the rules.

When temper tantrums are serious

Your child should have fewer temper tantrums by the middle of his fourth year. Between tantrums, his behavior should seem normal and healthy. Like every child, yours will grow and learn at his own pace. It may take time for him to learn how to control his temper. When the outbursts are severe or happen too often, they may be an early sign of emotional problems. Talk to your pediatrician if your child causes harm to himself or others during tantrums, holds his breath and faints, or if the tantrums get worse after age 4. Your pediatrician will make sure there are no serious physical or psychological problems causing the tantrums. He or she can also give you advice to help you deal with these outbursts.

It is important to realize that temper tantrums are a normal part of growing up. Tantrums are not easy to deal with, and they can be a little scary for you and your child. Using a loving and understanding approach will help your child through this part of his development.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

From your doctor



Water

Drowning is a quick and silent killer. In the time it takes to ...

...cross the room for a towel (10 seconds), a child in the bathtub can become submerged.

...answer the phone (2 minutes), that child can lose consciousness.

...sign for a package at your front door (4 to 6 minutes), a child submerged in the bathtub or pool can sustain permanent brain damage.



Despite a 40 percent decline since 1987, drowning is still the second leading cause of unintentional injury-related death to children ages 1 to 14, taking more than 900 children's lives each year. For every child who drowns, four more are hospitalized for near-drowning; for every hospital admission, approximately four children are treated in hospital emergency rooms.

Knowledge is a powerful tool for combating these tragedies. Knowing how and where children drown, as well as the concrete steps you can take to avoid danger, may make a life-and-death difference for your family.

Fire

Fires can be furious and deadly. In 2001, 493 children ages 14 and under died in fires. Despite a dramatic 56 percent decline in the fire death rate since the Safe Kids began in 1988, fires remain a leading cause of unintentional injury-related death among children in the United States.

But there are time-tested ways to prevent fire-related injuries. Simply installing smoke alarms on every level of your home and in every sleeping area, for instance, cuts the chances of dying in a home fire in half. Keeping matches, lighters and other heat sources out of children's reach can help eliminate child-play fires – the leading cause of fire-related death for children 5 and under.



Preparation and education are key elements of preventing fire tragedies. Planning and practicing a fire escape route with your family, and talking to your children about what to expect in a fire, are simple steps anyone can take. A prepared child is more likely to escape unharmed.

Firearms

Consider this:

- Nearly two-thirds of firearm-owning parents with school-age children believe they keep their firearm safely away from their children. However, one study found that when a gun was in the home, 75 percent to 80 percent of first- and second-graders knew where it was kept.
- Few children under age 8 can reliably distinguish between real and toy guns or fully understand the consequences of their actions. Yet children as young as age 3 are strong enough to pull the trigger of many handguns.



These facts point to some significant gaps – gaps that hundreds of children fall through every year. In 2002, nearly 800 children ages 14 and under were treated in hospital emergency rooms for unintentional firearm-related injuries. In 2001, 72 children died from those injuries.

Nothing outweighs the loss or serious injury of a child. Storing firearms safely and reducing their accessibility are essential steps in protecting our children.

For more information about potential hazards and child safety, visit <http://www.usa.safekids.org/index.cfm>.

Toilet Training

Parents often ask, "What is the best age to start toilet training?" Each child is different in the way he or she grows and develops, cuts teeth, crawls, and walks. So there is no "best age" for all children to begin toilet training.

Some children are ready to begin toilet training at 18 months. Other children are not ready until 2 years of age or older. (The average age is about 2 years for girls and 2 ½ years for boys.) Some things that might slow a child's readiness for toilet training are: childhood illnesses, family crisis, a new baby in the family, or certain fears, such as being afraid of losing part of his body in the "potty."

The best time to start toilet training is when your child can do **all** of these things:

- Stands and walks by himself.
- Can control the sphincter (SFINK-ter) muscles of the rectum and urinary opening.
- Recognizes and can control the urge to have a bowel movement or urinate.
- Can give a "cue" when he feels the need to "go potty." The parent or caregiver must be able to understand that cue.

Gaining Your Child's Cooperation

- It is helpful to look upon toilet training as a time of learning for your child. Like learning new words or learning to stack blocks, it takes time for your child to master what he has learned.
- The best way to gain cooperation is to praise your child when he is successful and be kind and understanding when he is not.
- Harsh words and spanking should **never** be used when he fails because that will make him feel ashamed. It will not help and will only cause delay in the training.
- Forcing a child to begin toilet training before he is ready can cause emotional damage and may cause problems later on in life.

Learning the Words

Before you can begin toilet training, there have to be words or cues to use. Choose the word you wish to use, then start teaching your child to use it. For example, each time your child has a bowel movement (BM) in his diaper, you might say, "Sammy's having a BM." Repeat the same word each time you change his diaper. Soon the toddler will start to say a word that sounds like BM to himself and you. After he is able to say the word and knows what it means, he may be able to tell you he wants to go to the bathroom.

Cues that Your Child May be Ready for Toilet Training

Some children prefer to give signals, or cues, when they need to “potty” instead of using words. These are some examples of cues your child may give you:

- Bowel movements become regular and predictable.
- Stays dry for longer than 2 hours or does not wet his diaper during naps.
- Brings you a clean diaper when his is soiled or wet and wants you to change him.
- Takes off a soiled or wet diaper himself.
- Pulls at your clothes to let you know his diaper needs to be changed.
- Talks about using the potty and wearing “grown-up” underwear.

Choosing the Right Potty Chair

Many types of potty chairs are available. The chair should be low enough for your child to place his feet firmly on the floor. The chair should have back support and arm rests so that your child will feel secure and not be afraid of falling.

Learning to Use the Potty

- Take your child to the potty each time he tells you to go or signals that he is ready. Taking him to his potty while you use the toilet can help him get used to the routine. Stay with him each time if he seems afraid that you might leave him. Gradually, he will be content to stay alone.
- Dress your child in loose-fitting pants and training pants.
- Since your child is beginning to want his independence, let him help. You might begin by having him tear off the toilet paper. Later, he may want to stand and pull up his own pants.
- The training will be easier if you remember that “accidents” may happen and you stay calm when they do.
- When you feel your child wants to sit on the regular toilet, let him try it once in a while, but stay with him. This will help avoid the fear of strange toilets when you are away from home without a potty chair.
- Do not flush the toilet while your child is sitting on it. A toddler does not know that his body is larger than the drain hole. Toddlers fear that the water will flush them down the hole also.
- If your child uses a regular toilet, put a footstool in front of the toilet so the child can put his feet on it. This makes having bowel movements easier.

Habits of Cleanliness

- Teach your child to wash his hands each time after using the potty.
- Empty the potty into the toilet after each use. Wash the potty with a household disinfecting cleaner such as Lysol®, rinse, and dry it with paper towels. Store all cleaning supplies out of children’s reach.
- Children who are learning to use the toilet often put their hands on the toilet seat to brace themselves. To stop the spread of germs, it is important to wash the toilet seat and bowl with a disinfectant several times a week.

Rewards

Your child will learn faster if you reward him when he is successful in using the potty. Some examples of awards are:

- Draw happy faces or use stickers on the clown chart (see last page).
- Keep a few of your child's toys in a box where your children cannot reach them. When he has a success, give him a toy he has not seen for a while to play with.
- Hang a music box on the bathroom wall. Hold your child and let him turn the music box and listen to it play.

Other Tips

- Your child should not be given toys to play with while sitting on the potty chair. Toys can distract him from learning to use the potty.
- Your child is a very active and busy person. It is hard for him to "stay put" in one place very long. For this reason, do not expect him to sit on the potty chair longer than a few minutes each time.
- At this age, children like to copy what others do. It may help to let your child see other children use the potty or toilet. He may try to imitate them. A boy may learn to stand up to urinate by copying his father or an older brother.
- At first, your child may not stay dry all night, so you will want to use diapers at bedtime. It may help to waken your child once during the night to use the potty.
- Wearing "big boy" or "big girl" pants is often important to a child. Your child should be able to pull these pants on and off easily.
- Do not punish your child if he has an accident.

Changes in Behavior during Toilet Training

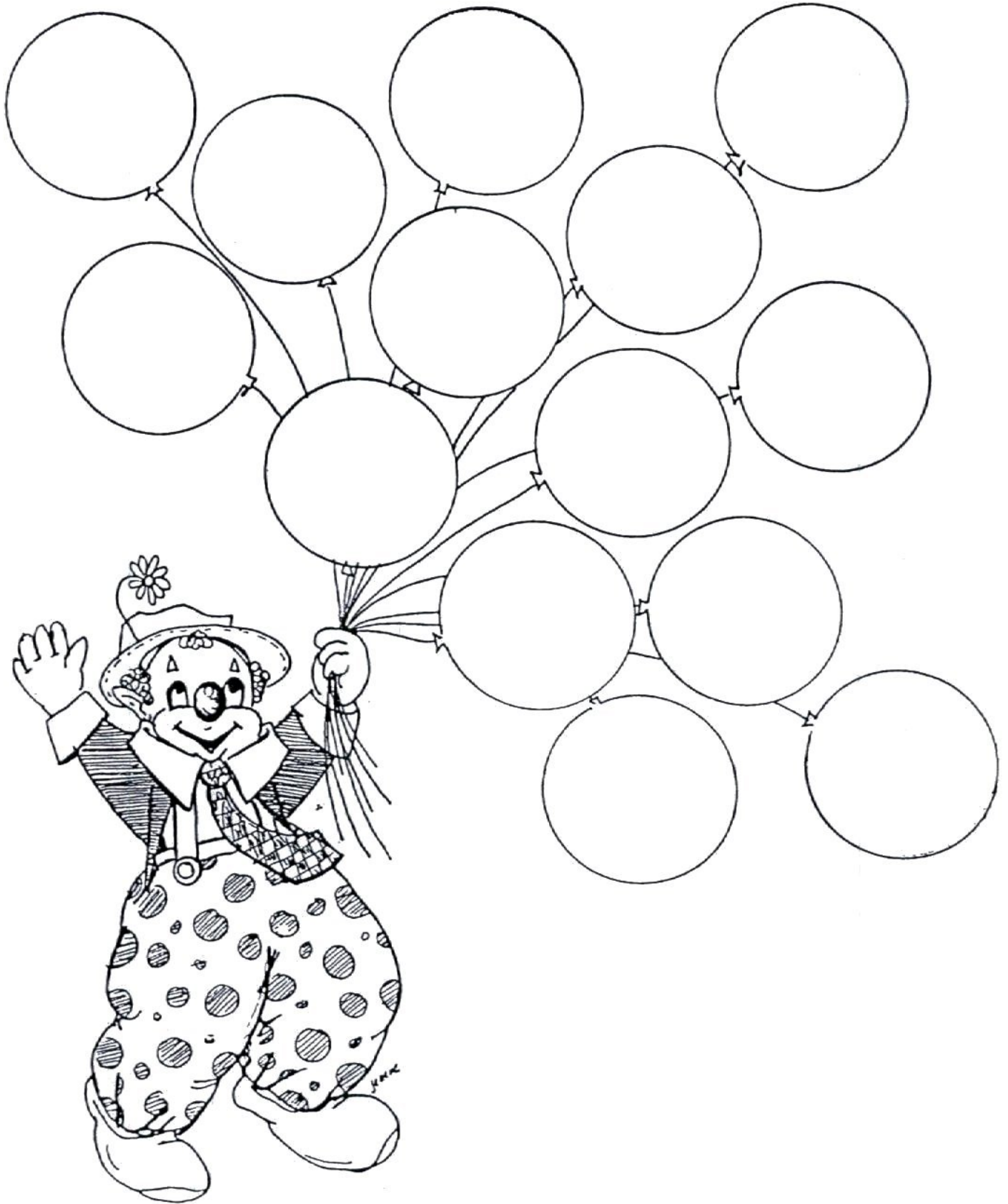
- Some young children try too hard to please their parents and become fearful that they will have accidents. This may cause problems in other areas of their development. For example, your child may seem to be doing well with the potty training, but will start refusing food or will not stay in his own bed.
- If these things happen, you should suspect that the training has become "too much" for your child. You might try stopping the training for a week or so and see if the new problem goes away. If the problem remains, try easing up on the training or giving more praise when your child is successful.
- If your child goes to a babysitter or day care center, it is helpful if the same daily potty training routines are carried out there.

Your Child's Readiness to Toilet Train

- Many people who have had children feel they are "experts" in toilet training. Some will advise you to start earlier. Since all children are different in the way they grow and develop, you should follow **your** child's "cues" for readiness and start the training when **your** child is ready.
- If your child keeps wetting his pants, becomes frustrated, or does not seem ready, stop the toilet training and try again in a few months.
- Usually children become completely toilet trained between 2 and 3 ½ years of age. If your child is toilet trained before he is 2, he may "backslide" and start wetting his pants again before he is totally trained.

If you have any problems or questions, be sure to ask your doctor or nurse.

Child's Name _____



You can use this chart to reward your child.



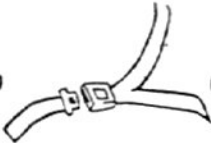



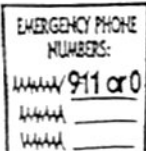
FAMILY SAFETY CHECK

HEY KIDS!



Help the National SAFE KIDS Campaign® Check ✓ America. Take this home, fill it out with grown-ups, and help keep your family safe.

YES **NO**

- | | | | |
|-----------|---|--------------------------|--------------------------|
| 1 | Our family buckles up  on every car ride. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 |  Our family wears bike helmets when bicycling. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Kids under 10 never cross streets alone. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | Kids are always supervised in or near water. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Our home has working smoke detectors and we check the batteries monthly.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | Our water heaters are set no higher than 120° F to prevent scald burns. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | If guns are in our home, they are kept unloaded and locked away. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 |  Kids are protected against falls from windows, stairs, furniture, and playground equipment. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 | Household cleaners, medicines, and vitamins are stored out of young kids' reach. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Our home has emergency numbers near telephones and first aid supplies.  | <input type="checkbox"/> | <input type="checkbox"/> |



This list is not comprehensive. It is meant to assist families in taking steps to prevent childhood injuries. Please see the reverse side for more safety tips. For additional information, write the National SAFE KIDS Campaign, 111 Michigan Ave., NW, Washington, DC 20010-2970. © National SAFE KIDS Campaign, CNMC.



FAMILY SAFETY CHECK



GROWN-UPS: Did you know that the #1 health risk for America's kids ages 14 and under isn't violence, drugs or disease? It's injuries. Each year, approximately 7,200 kids ages 14 and under are killed from unintentional injuries and 50,000 are permanently disabled. Fortunately, you can help protect your family from these needless tragedies with simple steps like the ones listed below.

TRAFFIC INJURIES (Items 1-3)



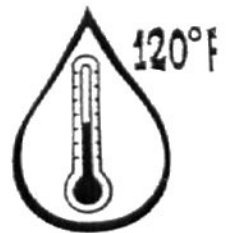
- Use a safety seat until your child outgrows it (through age 4 and 40 pounds). When your child is 40 to 60 pounds, use a booster seat. Follow manufacturer's instructions carefully.
- Wear bike helmets properly. A helmet should sit on top of your head in a level position and should not rock back and forth or from side to side. Always fasten the safety strap.
- Teach children to stop at the curb or edge of the road, and to look left, right, and left again for traffic before and while crossing the street.

DROWNINGS (Item 4)

- Install four-sided, five-foot high fencing with a self-closing and self-latching gate around your pool or spa. Use personal flotation devices in open bodies of water. Be aware that drownings can also happen in bathtubs, buckets, and toilet bowls.

FIRE AND BURNS (Items 5-6)

- Install smoke detectors in sleeping areas and on every level of your home. Replace batteries yearly. Plan and practice two fire escape routes.
- Keep hot foods and drinks away from kids. The water heater should be set no higher than 120° F. Test the water temperature before placing kids in the bathtub. Consider installing anti-scald plumbing.



FIREARM INJURIES (Item 7)

- Keep your guns unloaded and locked up. Lock and store bullets in a separate location.



FALLS (Item 8)

- Install stairway safety gates and window guards on windows that are not fire emergency exits. Ensure playgrounds have safe equipment and cushioned surfaces.

POISONINGS (Item 9)

- Buy child-resistant packaging, but remember this does not mean child-proof. Keep potentially poisonous substances and plants out of sight and reach of children.

EMERGENCY RESPONSE (Item 10)

- Post police, fire, poison control center, and medical services telephone numbers near phones. Store syrup of ipecac with first aid supplies.

