

**WELL-CHILD EXAM – 24 MONTHS (TWO YEARS)**

DATE: \_\_\_\_\_

HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_

**DEVELOPMENT:**

1. Most children are putting two words together by now.
2. Talk with your child and listen to what he/she has to say.
3. Toilet training, age 2-3: Some little girls may already be toilet trained. Many little boys are not well trained until after age 3. Wait until the child is ready and be patient. If your child resists after the first attempt, wait another month or two and try again.
4. Temper tantrums are common. Ignore them or try a time-out place.

**ACCIDENT PREVENTION:**

1. *Always* use a car seat.
2. Continue your efforts to “childproof” your home.
3. Continue to supervise children’s play—especially near streets.

**NUTRITION:**

1. Small, frequent meals work better than three large ones.
2. Avoid snacks that cause cavities.

**ILLNESS:**

For a temperature over 101 degrees:

- Acetaminophen drops – 1.6mL, *or*
- Acetaminophen syrup – one teaspoon, *or*
- Acetaminophen chewable 80 mg tablets – two every three to four hours.

**NEXT VISIT:**

At three years of age.