

## Craig Ranch Pediatrics

Dr. Nagaratina Salem

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### 2 Year Old

#### Motor Skills

Runs well. She can walk upstairs and downstairs, one foot at a time. Opens doors, climbs on furniture and jumps.



#### Fine Motor Skills

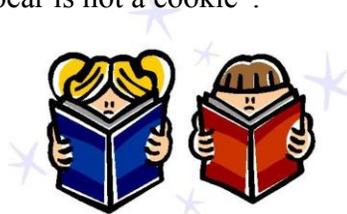
She can make a tower of 7-9 cubes. Scribbles circular strokes. Imitates horizontal strokes. Folds paper once when she is shown how to do it. She can handle a spoon well and helps undress herself.

#### Language

She can say 2 word sentences. Speech is half understandable to a stranger. She has a vocabulary of at least 50 words. She can point to pictures when asked. She understands words such as “soon”, “in”, “on” and “under”. She can differentiate between “you” and “me”. She can formulate negative judgments like “a pear is not a cookie”.

#### Social

She helps to undress herself. She can listen to stories with pictures.



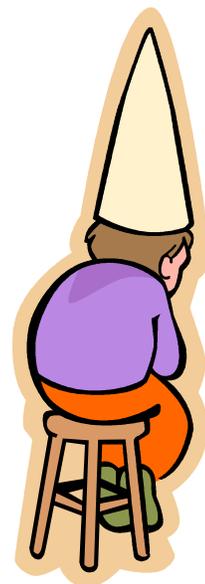
#### Emotional

She is impatient and gets upset easily. She shows anger by crying or striking out. She wants to have her own way. She will assert herself by saying “no” to everything. She may show sharp mood swings and can revert back to baby behavior at times.

#### Time out Techniques

Time out consists of immediately isolating the child to a boring place for a few minutes whenever she misbehaves. It provides a cooling off time for both child and parent and allows time for regaining their emotional control.

Time out is most useful for 2-4 years old when displaying aggressive, harmful or disruptive behavior that cannot be ignored. This could be a designated chair in a boring location like a corner or facing a wall, or a room that is a safe place for



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the child. When you are in the same room as the child, carefully avoid making eye contact with the child. Forbid turning on the radio, TV, or video games during a time out period.

**Time out should be short. A good rule of thumb is 1 minute of time out per each year of age. After age 6 you can tell them to remain in time out until “you can behave”.**



### **Potty Training**

Lots of toddlers are ready for potty training right around the time they turn two or soon after. Boys are ready a little later than girls. It is possible that your child might be ready a little sooner. Here are some signs your child might be ready to potty train:

- ❖ She has bowel movements on a fairly regular schedule. (You can almost predict when she will have a dirty diaper).
- ❖ She doesn't always have a wet diaper. This means her bladder can hold urine.
- ❖ She can and will follow instructions.
- ❖ She wants to imitate her parents or brothers and sisters in the bathroom.
- ❖ She can tell you, or even show you by change in activity, or a look on her face that she knows her bladder is full, or that she is about to have a bowel movement. She might even tell you she “peed” or “pooped”.

You can help your child get ready for potty-training just by keeping her potty chair nearby and talking to her about the whole process. Keep in mind that the more she understands about it, the less scared she will be about it. Keep in mind too that your child must *want* to take this big step. She will be ready when she wants to become more independent and please you too.

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When she is ready, encourage her, but don't pressure her. Let her know how proud you are of her successes but don't make a big deal out of the accidents (and there are sure to be some of those).

If you think your child is ready for potty training you can:

- ❖ Let her sit on the potty chair with her clothes on. Just tell her about the chair and what it is for and when to use it.
  - ❖ Let her sit on the chair with her diaper off and her feet firmly on the floor.
- Try to make the potty part of her routine by having her sit on it several times a day.
- ❖ Try changing your child's diaper while she is sitting on the potty and empty it into the potty under her, this shows her what the chair is for.
  - ❖ Encourage her to use the potty in the right way. You might let her play near the potty without a diaper, reminding her to use it when she needs to. Remember to praise her when she is successful and don't fuss over accidents.
  - ❖ Switch from diapers to training pants once you think she has gotten the hang of it.
  - ❖ Remember that naptime and nighttime training may take a little longer. Plastic mattress covers can help you get through it.

### **Vitamins**

Ploy-Vi-Sol or half a chewable vitamin a day is appropriate for your toddler. A toddler needs supplementation as his diet is not varied.

