

Your 2 Year Old



Normal Development

Physical Development

- Is constantly in motion
- Tires easily
- Walks up and down stairs alone
- Begins to button and unbutton large buttons
- May have difficulty settling down for bedtime

Emotional Development

- Gets upset and impatient easily
- May assert self by saying "no"
- Wants own way
- Gets upset when daily routine changes
- Is in the "do-it-myself" stage
- Cannot be reasoned with much of the time

Social Development

- Becomes more interested in brothers and sisters
- Enjoys playing next to, not with, other children
- May scratch, hit, bite, and push other children

Language Development

- Dramatically increases interest in language
- Gets frustrated when not understood
- Understands more words than can speak
- Uses three-to-five word phrases by 3 years old

Mealtimes a struggle?

- Cook one thing for everyone, avoid short-order cooking. Keep offering healthy foods.
- Kids need to see new foods several times before feeling comfortable with them. Offer a dipping sauce for meats, fruits and veggies to peak their interest.
- Let your child choose foods from what you offer and choose how much they eat.
- Let your child feed himself. It may be messy but he will learn a lot. Give her cups, bowls and spoons that are easy to use.
- Eat meals at the table as a family.

Food, Food, Food!

- At 2 years old the amount your child eats can change on a daily or weekly basis.
- They may love something one day and Yuk! the next day. This is normal.
- Almost all nutrition is from table food.
- Milk - skim or 1% - usually no more than 24oz/day.
- About 3 meals and 2 snacks per day.
- Continue to offer a variety of foods.
- Please tell us if you are having trouble getting enough food for your family.

Potty training can begin around 2 years old

Please see the attached handout called "Toilet Training your Child: The Basics"

Any suggestions for "toddler friendly" healthy snacks?

1. Ants on a log-spread peanut butter on celery sticks and sprinkle them with raisins
2. Whole-grain tortilla chips topped with veggies, salsa, and shredded cheese, and guacamole for dipping
3. Apple slices with string cheese or peanut butter
4. Frozen no-sugar-added fruit bars with a glass of milk
5. Berries topped with a smidge of low-fat frozen yogurt
6. Crinkle-cut carrot "chips" with hummus
7. Dip a banana in yogurt, roll it in granola and freeze it for a tasty frozen snack
8. Cottage cheese with cut-up peaches, nectarines, pineapple, or bananas
9. A graham cracker sandwich filled with a scoop of frozen yogurt and sliced bananas
10. Cucumbers, celery, or red peppers with low-fat dressing for dipping

Some Helpful Websites:

- Genesispediatrics.com for our Genesis Advice Packet (GAP)
- rochester.kidsoutandabout.com/ (Suggestions for fun activities to do with your kids)
- www.nysmokefree.com (NYS Smokers' Quitline for tobacco-free coaching and free nicotine replacement therapy)

Next Visit:
See you in 6 months
for the 30 month
physical!

Mental Development

- Dramatically increases interest in language
- Shows frustration if not understood
- Uses child grammar
- Uses three to five-word phrases by end of second year
- Understands more words than can speak
- Is in the “do-it-myself” stage
- Cannot be reasoned with much of the time
- Cannot choose between alternatives

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child’s development. While certain attitudes, behaviors, and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each age is normal. These guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend.

If you have any concerns related to your child’s own pattern of development, check with your pediatrician or family physician.

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