



The World of Two Year Olds!

4-C: Community Coordinated Child Care • 155 North Third Street, Suite 300 • DeKalb, IL 60115

For more information contact 4-C staff by phone:

1-815-758-8149
or
1-800-848-8727

Nurse
Ext. 289 or 241

Social Worker
Ext. 242

Provider Support
Consultant
Ext. 233 or 286

Help Finding
Child Care
Ext. 230

Help Paying for
Child Care
Ext. 225

Parenting Support
& Information
Ext. 237

Helpful Hints:

The free Poison Control Number is 1-800-222-1222.

Teach health practices such as hand washing, & tooth brushing.

Never use food as a reward or punishment.

Use juice and other foods with sugar for occasional sweet treats.

Read, sing, dance, and enjoy music.

Routine offers security so make their day predictable.

Enjoy parenting!

Nutrition and Feeding:

- It's the adults' responsibility to supply safe, nutritious food to a child, and it's the child's responsibility to choose what and how much they'll eat.
- It may take several exposures to a new food before a child will eat it, so keep offering it.
- Use of nutritional supplements should first be discussed with a physician.
- Finger foods should be offered in small pieces to reduce the risk of choking.
- Two's should be offered three meals and 2-3 snacks each day. They should be offered food about every 2-3 hours.
- Taste buds are very sensitive, so many two's prefer food that is not mixed as in casseroles.
- To avoid possible illness or allergic reactions do not serve peanut butter, or shellfish until three years of age or older.
- A typical lunch or dinner should include meat or protein, vegetable &/or fruit, bread & butter, and milk. A serving size of fruit &/or vegetable is ½ cup, and meat is 1 ounce.
- Two's enjoy serving themselves out of passed dishes. Child sized containers help.
- Meals and snacks should be offered at the table with others. At home, the toddler should eat with the family.
- Sugary foods, including juice should be offered only occasionally.
- Offer water or whole or 2% milk as drinks.

Illness & Immunization:

Two year olds usually have a less illness than when they were toddlers. Immunization protects children from many diseases and the suffering and complications they cause. To be protected, a child aged 24 to 36 months should be immunized as follows:

- **HepB** (Hepatitis Type B): doses at birth, between 1-2 months & between 6-18 mos;
- **DTaP** (Diphtheria, Tetanus, Pertusis): doses at 2, 4, 6 months & a booster at 15-18 months;
- **IPV** (Polio): doses at 2, 4, months, and a booster at 6 - 18 months.
- **Hib** (Haemophilus Influenza type b): doses at 2, (4) & 6 months, and a booster at 12 - 15 months. Dose in () may not be needed.
- **PVC** (Pneumococcal): doses at 2, 4 & 6 months, and a booster at 12-15 months.
- **MMR** (Measles, Mumps, Rubella): the first dose at 12-15 months.
- **Varicella** (Chicken Pox): 1st dose 12-15 months.
- **Flu** (Influenza): **annual dose** starting at age 6 months.
- **HepA** (Hepatitis A): 2 doses 12-24 months.
- **Rota** (Rotavirus): Doses at 2, 4, & 6 months.

Parent and Child Relationship:

- Read daily for enjoyment, learning and language development.
- Two's learn to respond to fears as their parent responds, so avoid over-reacting to things or situations.
- Daily, dedicate at least 15 minutes of uninterrupted play and talk time (without TV or phone conversations).
- Prepare two's in advance for changing schedules and events.
- Give choices, and use distraction to avoid conflict.
- Tell them what is desired, what behavior is acceptable, and limit the "don't do's." This gives attention to what's desired.
- Follow a daily routine when possible, and have bedtime rituals.
- Parents are the most important people in the two's life and they can't get enough of their love and attention.
- Encourage empathy and caretaking, and help the child identify and name their feelings and emotions.

Expected Growth and Development:

- Two's generally cooperate, and enjoy play near others.
- They understand language better than they can express it, and that causes frustration.
- Two's are able to find ways to remove obstacles.
- Two's may often rely with "no" when they mean "yes."
- They should be able to run, walk heel to toe, jump, kick, walk backwards, stand on one foot, and walk upstairs with help.
- Two's respond to simple instructions and can help with simple tasks.
- They can assist in bathing and dressing.
- Two's are able to point to and name some body parts ie: nose, ear.
- Art and music activities are fun and contribute to their development.
- Naps are usually beneficial.
- Two's enjoy pretend play with dolls, phones, dress up clothes, etc.
- As they develop awareness, they will ask for a clean diaper.
- They enjoy riding toys and pushing carts.

Safety:

- Never leave the child unattended.
- Keep outdoor cooking grills away from children.
- Provide safe climbing areas.
- Be cautious, and remove water hazards that present a drowning risk. Even small buckets of water, or toilets are a hazard.
- Even in play, avoid tossing, or spinning children as brain injury can occur from such quick movements.
- Check water heater temperatures to reduce risk of burns from hot tap water.
- Remove or secure top heavy items that can be pulled over, ie: bird baths, and shelving units.
- Use smoke and carbon monoxide detectors at home.
- Do not allow smoking in the home, car, or near children as it contributes to illness and infection.
- Keep plants out of reach and be certain that they are not poisonous.
- Keep hot drinks out of reach.
- Remove choking hazards, and check toys for safety and secure parts.
- Medicines should be kept in locked containers, out of sight and reach of children.
- Cleaning supplies must be kept out of reach and consider using non-toxic supplies.
- To avoid illness and injury, choose shoes that cover the feet.

Choose quality child care for the two year old. For information about what to look for in a quality setting and for child care referrals, call the 4-C Child Care Resource and Referral Program at 800-848-8727 or 815-758-8149 x230. For parenting information call the 4-C Family Enrichment Program at extension 237. For information about 4-C, use extension 221.