



# The World of Two Year Olds!

4-C: Community Coordinated Child Care • 155 N 3<sup>rd</sup> Street, Suite 300 • DeKalb, IL 60115

For more information contact 4-C staff by phone:

1-815-758-8149  
or  
1-(800) 828-8727

Nurse  
Extension 289 or  
241

Social Worker  
Extension 237

Provider Support  
Consultant  
Extension 233

Help Finding  
Child Care  
Extension 223

Help Paying for  
Child Care  
Extension 225

Parenting Support  
& Information  
Extension 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): 1<sup>st</sup> 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 x222. For parenting information call the 4-C Parent Education Program at extension 237. For information about 4-C, use extension 221.