



BAYSIDE MEDICAL GROUP, INC.

Well Child Notes

Name: _____

Date: _____

Height: _____ Percentile: _____

Weight: _____ Percentile: _____

Acetaminophen (Tylenol) dose:

_____ ml every 4 hrs.

Ibuprophen (Advil or Motrin) dose:

_____ ml every 6 hrs.

TODAY YOUR CHILD RECEIVED:
(if checked)

Hepatitis A

NEXT VISIT: _____

NOTES: _____

TWO YEAR WELL BABY EXAM

Nutrition

Eating is variable! Some kids eat a lot, some a little; one day they have a big appetite, the next day hardly any. Your job – offer a variety of healthy food. Their job – decide whether or not to eat and how much. Some need 10 introductions to a new food before even trying it; that’s OK. Your role: take it easy, adjust, and stay cool. Water and milk are best to drink. Juices are full of sugar and are best avoided.

Dental

Dentists recommend twice a day brushing with a non-fluoride toothpaste. Use water with fluoride for stronger teeth, or ask us for a prescription for fluoride supplement. First visit to the dentist: age 2-2½.

Development

Two year olds usually start to say two word phrases. They walk up steps, kick balls, and jump. Nightmares and fears are common and natural. They can be obsessed with order and ritual. Tantrums are still common – give sympathy to frustration tantrums, ignore tantrums that seek to manipulate you. Patience with potty training – see the Bayside handout.

Play and Toys

Symbolic play is fun at this age – a box becomes a boat, a house, a cave. Walk together and talk about what you see. Read books together and talk about the pictures. They love the same story or song over and over – this helps them learn. Try to limit TV time – playgrounds and playmates are better.

Discipline

Positive parenting is important – catch them being good and praise them! Still, two year olds test limit after limit. Setting clear consistent limits and following through with consequences is best – for instance, hitting leads to going home. Your displeasure is important, but taking action is vital. Time outs to collect oneself are good, and should last about two minutes. Try to correct positively – “be gentle” rather than “that’s too rough.” Give acceptable choices when possible (“red shirt or blue”). Give advance notice before making a transition to a different activity. Involve them in simple chores – it makes them feel important and useful, and leads to a responsible adulthood, hopefully.

Safety

Review the Bayside child-proofing handout. Careful of the two-year-old mind – they can climb and use chairs and other tools like you wouldn’t believe. Poison control: (800) 222-1222.