

**Pediatric Associates of North Texas**

**972-867-6880**

**Carolyn D. Ashworth, M.D.**

Chandra Garvey, R.N.C.P.N.P.

Michele Hickman, R.N.C.P.N.P.

Wt. \_\_\_\_\_ % Ht. \_\_\_\_\_ % BMI \_\_\_\_\_

**TWO YEAR VISIT**

If you wish, you may switch your child to 2% milk, 16-24 oz./day.

Toddlers are often picky eaters. Feed a variety of foods from all food groups with attention to those high in iron-red meats, green leafy vegetables, peas & beans, whole wheat and enriched breads.

Avoid struggles over eating.

Switch to chewable vitamins with iron, ½ tablet/day.

Safety: No broken toys or toys with small parts or with batteries, no balloons or plastic bags; ride tricycles in safe areas; keep child away from power mowers and other power tools; recheck house for safety hazards.

Introduce potty training: positive attitude, role models, practice runs, introduce training pants when half trained.

Toddlers are curious about body parts & may masturbate-do not shame child, use redirection of activity.

Toddlers play next to others but are unable to share, also start fantasy play.

**AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:**

DTaP    Hib    MMR    Polio    Hep A    Hep B    Chicken Pox

**Next Well Child Visit:** At 3 years of age vision screening, urine and blood tests will be done.