



DOSING CHART

Acetaminophen: Give every four to six hours as needed. Don't exceed five doses in 24 hours.

Tylenol/Acetaminophen	mL = milliliter tsp = teaspoon	Tylenol Infants' Oral Suspension	Tylenol Children's Oral Suspension	Tylenol Children's Chewable Tablets (160 mg)	Tylenol Children's Dissolve Packs (160 mg)
	Weight				
	6-11 lbs.	1.25 mL	—	—	
	12-17 lbs.	2.5 mL	—	—	
	18-23 lbs.	3.75 mL	—	—	
	24-35 lbs.	5 mL	5 mL (1 tsp)	—	
	36-47 lbs.	—	7.5 mL (1.5 tsp)	—	
	48-59 lbs.	—	10 mL (2 tsp)	2 tablets	2 powders
	60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets	2 powders
	72-95 lbs.	—	15 mL (3 tsp)	3 tablets	3 powders

Ibuprofen: Give every six to eight hours as needed. Don't exceed four doses in 24 hours. Always give with food.

Motrin/Ibuprofen	Weight	Motrin Infants Concentrated Drops 50 mg/1.25 mL	Motrin Children's Oral Suspension Liquid 100 mg/5 mL	Motrin Children's Chewables Tablets 100 mg each
	12-17 lbs.	1.25 mL	—	—
	18-23 lbs.	1.875 mL	—	—
	24-35 lbs.	—	5 mL (1 tsp)	1 tablet
	36-47 lbs.	—	7.5 mL (1.5 tsp)	1.5 tablets
	48-59 lbs.	—	10 mL (2 tsp)	2 tablets
	60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets
	72-95 lbs.	—	15 mL (3 tsp)	3 tablets

*If under 6 months of age, please consult your pediatrician.

Dothan Pediatric Healthcare Network complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-334-793-1881.
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-334-793-1881번으로 전화해 주십시오.



Date: _____

Weight: _____

Height: _____

Head Circumference: _____

Next Visit: 30 Months of Age

Nutrition

- Food likes and dislikes are changing. He/she should be allowed to control what he/she eats within reason. Offer healthy choices. Appetite may be very sporadic.

Toilet Training

- Continue to work on potty training. Remember that there is no rush - waiting until your child is truly ready will make the process much faster and a more pleasant experience.
- Encourage with praise and reward with non-food items like stickers.

Motor Development

- Your child will learn to climb well, open doors, kick a ball, and jump.
- He/she will be able to make lines and circles, turn book pages, build a tower of 5 to 6 blocks, and turn handles.
- Your child will be able to wash and dry his/her hands.

Language Development

- Your child will be able to follow a 2-step command, recognize common

2 YEAR CHECKUP

objects, use 2 or 3-word phrases, use pronouns (I, you, me, etc.), and some plurals (dogs, cats, cars).
• He/she will have a vocabulary of at least 20 words.
• Continue to read to your child everyday.

Cognitive Development

- Your child will be able to make a mechanical toy work, match an object to a picture in a book, play make-believe, sort objects by color and shape, complete 3 or 4-piece puzzles, and understand the concept of “two.”
- Read to your child every day.
- Provide opportunities for contact with other kids and limit television time.

Social & Emotional Development

- Your child will imitate adults and playmates, spontaneously show affection for familiar playmates, take turns in games, and understand the concept of “mine” and “his/hers.”
- He/she will express affection openly, express a wide range of emotions, and object to changes in his/her routine.

Discipline

- Your child will be very physical at this age using temper tantrums, pushing, biting, etc. to get his/her own way. Use time-out to discourage this behavior.
- Try to be consistent in rewarding good

behavior, as well as punishing bad behavior with time-out.
• Make rules, but remember your child's age when setting limits and choosing punishment. Make sure that all of your child's caregivers use the same methods.

Sleep

- Your child may sleep 10-12 hours a night and take 1-2 naps in the day.
- Do not allow your child to go to bed with any food or drink.
- Keep a positive consistent bedtime routine.
- Nightmare and night terrors are common.

Safety

- Avoid choking foods.
- Guard against falls from table tops, windows, and staircases. A child cannot be left unattended in the house or car.
- Do not leave a chair where the child can use it to climb. Guard against electrical injuries from cords and unprotected outlets.
- Lock up all poisons and objects that can be swallowed. If it is necessary to keep a gun in the house, keep it unloaded and locked up.
- Continue to use a car seat at all times. The car seat should be placed in the backseat if possible. You may switch your child to forward facing at this age.
- Consider enrolling in swimming lessons, if available.



BRUSH UP ON HEALTHY TEETH

Your child will continue to have more teeth erupt, including molars. Teething may cause extra drooling and chewing, but rarely causes fever, diarrhea, or sleeping problems. Tylenol may be used, but teething gels (Orajel) are not recommended.

There are many things parents can do to ensure their children have healthy teeth.

Brushing

Continue to brush your child’s teeth twice a day using a soft toothbrush. At age 2, you can increase the amount of flouride toothpaste to a pea-sized amount. It is okay for your child to swallow a small amount of toothpaste. It is okay for them to brush their teeth, as long as your brush behind them.

Sugar Drinks

It is very important that you limit the amount of food and drinks containing sugar, especially between meals. This includes juice, soft drinks, and sweet tea. Water can be given between meals. Never put your child to bed with a bottle, cup, or food.

Dental Visits

Although recent recommendations have suggested the first dental visit be scheduled by the first birthday, realistically our local dentists start seeing children for routine dental exams at age 3.

Post-Fluoride Instructions

Your child may have fluoride applied to the teeth today at the well-child checkup. It is okay for him/her to eat and drink afterward, but please restrict crunchy foods and sugary drinks for four hours.

Resources for More Questions:

- HealthyChildren.org
- National Highway Traffic Safety Administration
- Vaccine Information Center from Children’s Hospital of Philadelphia
- Help Me Grow Alabama
- Alabama Family Central

2 Year Checkup Healthy Guidelines

Meals

- It is normal for your child to skip meals.
- You can switch from whole milk to low-fat milk.
- Do not make meal times a battle.
- Continue to try and sit down as a family at meal times.
- Keep introducing new foods - it can take several tries before a toddler accepts a new food.
- Be a role model by eating healthy yourself.
- Start using a real cup more than a sipee cup.

Activities

- Limit screen time to 1-2 hours a day.
- Plan outdoor activities daily.
- Encourage play with other children.

ACTIVITIES 2 YEARS OLD

- Add actions to your child’s favorite nursery rhymes. Easy action rhymes include “Here We Go Round the Mulberry Bush,” “Jack Be Nimble,” “This Is the Way We Wash Our Clothes,” “Ring Around the Rosy,” and “London Bridge.”
- Play Target Toss with a large bucket or box and bean bags or balls. Help your child count how many he/she gets in the target. A ball of yarn or rolled up socks work well for an indoor target game.
- Wrap tape around one end of a piece of yarn to make it stiff like a needle and put a large knot at the other end. Have your child string large elbow macaroni, buttons, spoons, or beads. Make an edible necklace out of Cheerios.
- Children at this age love outings. One special outing can be going to the library. The librarian can help you find appropriate books. Set special times for reading including bedtime stories.
- Play a jumping game when you take a walk by jumping over the cracks in the sidewalk. You may have to hold your child and help him/her jump over at first.
- Take time to draw with your child using paper and crayons. Draw large shapes and let your child color them in. Take turns.
- During sandbox play, try wetting some of the sand. Show your child how to pack the container with the wet sand and turn it over to make sand structures or cakes.
- Add an old catalog or two to your

- child’s library. It’s a good “picture” book for naming common objects.
- Give your child soap, a washcloth, and a dishpan of water. Let your child wash a “dirty” doll, toy dishes, or doll clothes. It’s good practice for washing hands.
- Make “sound” containers using plastic Easter eggs. Fill eggs with noisy objects like sand, beans, or rice and tape the eggs shut. Have two eggs for each sound. Help your child match sounds and put them back in an egg carton together.
- Show your child how to make snakes or balls or how to roll out pancakes with a small rolling pin using playdough. Use large cookie cutters to make new playdough shapes.
- Children at this age love to pretend and enjoy it when you can pretend with them. Pretend you are different animals, like a dog or cat. Let your child be the pet owner who pets and feeds you.
- Your child will begin to be able to make choices. Help him/her choose what to wear each day by giving a choice between two pairs of socks, two shirts, and so forth. Offer choices at snack time or mealtime - (two types of drinks, or crackers, etc..).
- Enhance listening skills by playing albums with both slow and fast music. Songs with speed changes are great. Show your child how to move fast or slow with the music.

- Children can find endless uses for boxes. A box big enough for your child to fit in can become a car. An appliance box with holes cut for windows and a door can become your child’s playhouse. Decorating the boxes with crayons, markers, or paints can be a fun activity to do together.
- Play “Follow the Leader.” Walk on tiptoes, walk backward, and walk slow or fast with big steps and little steps.
- Try a new twist to finger painting. Use whipping cream on a washable surface (cookie sheet, Formica table). Help your child spread it around and draw pictures with your fingers. Add food coloring to give it some color.
- Action is an important part of a child’s life. Play a game with a ball where you give directions and your child does the actions, such as “Roll the ball.” Kick, throw, push, bounce, and catch are other good actions. Take turns giving the directions.
- Make an obstacle course using chairs, pillows, or large cartons. Tell your child to crawl over, under, through, behind, in front of, or between the objects. Be careful arranging so that the pieces won’t tip and hurt your child.
- Collect little and big things (balls, blocks, plates). Show and describe the objects (big/little). Ask your child to give you a big ball, then all of the big balls. Do the same for the little balls. Another big/little game is making yourself big by stretching your arms up high and making yourself little by squatting down.