
❖C.P.C. Toddler Times❖

2 Year Edition

A publication of *Cabarrus Pediatrics*

height _____

weight _____

head circumference

Parenting tip: **television**

Not all television is bad, but it's important that you set reasonable guidelines as to how much TV and what type of shows your children watch. TV watching often displaces exercise, conversation, and reading. Children may imitate or act out violence they see on TV. Turn the TV on only when there is a specific program that you want your child to see. Turn it off when the program ends. Read with your child, play outside, and set a good example by not becoming a "couch potato" yourself. Many experts recommend limiting children to 1-2 hours of TV watching per day.

Terrific Twos

Everyone has heard of the "terrible twos" and most parents fear that their once sweet, loving child is about to turn into a monster. Indeed, two-year-olds are full of energy and offer a unique challenge to parents. By now they have learned that they can refuse adult requests and "no" is often their favorite word. Parents need to remember that "no" to a two-year-old usually means "Do I have to?" Children at this age still do not have the ability to consider someone else's point of view. They cannot think about how another child feels when they pull a toy away from them. This does not mean that a child is not disciplined for such behavior. A two-year old *does* begin to understand "When I yank a toy away from Susie, I get put in time-out." A two-year-old truly believes that he is the center of the universe. Understanding this fact will give you patience and understanding as your child learns to interact with others.

Temper Tantrums from *Instructions for Pediatric Patients* Barton Schmitt MD©WB Saunders 1992

A temper tantrum is an immature way of expressing anger. No matter how calm and gentle a parent you are, your child will probably throw some tantrums. Try to teach your child that temper tantrums do not work and that you do not change your mind because of them. Try using the following approaches to the different types of temper tantrums.

- 1) **Support and help children having frustration- or fatigue related tantrums.** Children often have temper tantrums when they are frustrated with themselves. They may be unable to put something together or perhaps parents don't understand their speech. At these times your child needs encouragement and a parent who listens. Put an arm around him and say "I know it's hard but you'll get better at it. Is there something I can do to help?" Also give praise for not giving up.
- 2) **Ignore attention-seeking or demanding-type tantrums.** Young children may throw temper tantrums to get their way. Attention-seeking tantrums may include whining, crying, pounding the floor, slamming a door, or breath-holding. As long as your child stays in one place and is not too disruptive, you can leave him alone. If his behavior is harmless, ignore it completely. Don't try to reason with your child, it will only make the tantrum worse. Simply state, "I can see you're very angry. I'll leave you alone until you cool off." After the tantrum, be friendly and try to return things to normal. Try to prevent some of these tantrums by offering your child choices. Rather than saying "Are you ready to go to bed?", ask "Which teddy bear do you want to bring to bed with you?"
- 3) **Physically move children having refusal-type tantrums.** If your child must do something important such as go to bed or to daycare, he should not be able to avoid it by having a tantrum. Some of these tantrums can be avoided by giving your child advance warning before asking him to suddenly stop what he's doing. Once a tantrum has begun, let it go for 2-3 minutes. Try to put his displeasure into words,

**Next
checkup:**

Age 3 years

Other
instructions:

“You may want to play some more, but it’s bedtime.” Then take him to the intended destination (i.e. the bed), helping him as much as is needed (including carrying).

4) **Use time-outs for disruptive-type tantrums.** Some temper tantrums are too disruptive for parents to ignore. On such occasions send your child to his room for 2 to 5 minutes. Examples of such disruptive behavior include: clinging to you or following you around during a temper tantrum; hitting you; screaming for such a long time that you can’t ignore it; throwing something or damaging property; or having a temper tantrum in a public place such as a restaurant or church. Move your child to another place for time-outs for public tantrums.

5) **Hold children having harmful or rage-type tantrums.** If your child is totally out of control screaming wildly, or at risk for injuring himself, consider holding him. His loss of control probably scares him. Take your child in your arms, tell him you know he is angry, and offer him your sense of control. Hold him until you feel his body start to relax (usually 1 to 3 minutes).

Nutrition

If at all possible, the family should sit together for meals. This is an important time for family conversation and becomes even more important as your child grows older. At this age your child should be eating a relatively low fat, low cholesterol diet. Limit fast food meals and bake, broil, or grill foods rather than frying. Skim or 2% milk is now preferable to whole milk. Milk, cheese and yogurt remain important sources of calcium. Three servings of these dairy products per day is usually sufficient. Iron is important to prevent anemia. Good sources include red meats, liver, poultry, fish, green vegetables such as spinach and brocolli, enriched cereals, and whole grain breads. Children should eat 5 servings of fruits and vegetables per day. This helps prevent obesity and may protect children from developing heart disease and certain cancers as adults. In general, use fresh produce whenever possible.

Safety

Accidents remain the leading cause of death for children. Many can be prevented. Be sure to keep your child in an appropriate child safety seat and keep *all* children in the back seat. Post the poison center # (1-800-84-TOXIN) and keep **Syrup of Ipecac** on hand at home.

No more shots until age 4! (?)

If your child is up to date thus far, no immunizations are required today and no more until your child reaches age 4. However, if your child has a health problem like asthma or diabetes, he should get a flu shot each fall.

Office policies

Our regular office hours are 8:00am-5pm, Monday-Friday. Please call during these hours to schedule appointments or to request advice. Except for true medical emergencies, appointments are necessary. Evening and weekend visits are offered for urgent problems that cannot wait. You can reach us when the office is closed by calling the regular office # (704-403-7720). A nurse or doctor will call you back. Except for true emergencies, please do not take your child to the emergency room without first speaking to the doctor or nurse on call.