

**Pediatric Associates of North Texas**  
**Carolyn D. Ashworth, M.D.**  
**972-867-6880**  
**www.drCarolynAshworth.com**

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

**TWO-YEAR VISIT**

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, leafy green vegetables, peas and 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 and may masturbate – do not shame child, use redirection of activity.

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

Be sure surface under play equipment is soft enough to absorb a fall.

Keep all guns unloaded and ammunition locked up separately.

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

DTap Hib MMR Polio Hep A Hep B Chicken Pox Menactra Prevnar Flu

**NEXT WELL CHILD VISIT:**

At 2 ½ years of age.