

age 2 years

Your Growing Child

A Family Brochure

Toddlers grow, change and learn differently. Here are some tips to help you enjoy and keep your toddler healthy and safe.

Call your clinic, public health nurse or school district if you have questions or concerns about your toddler.

Health

At this age toddlers:

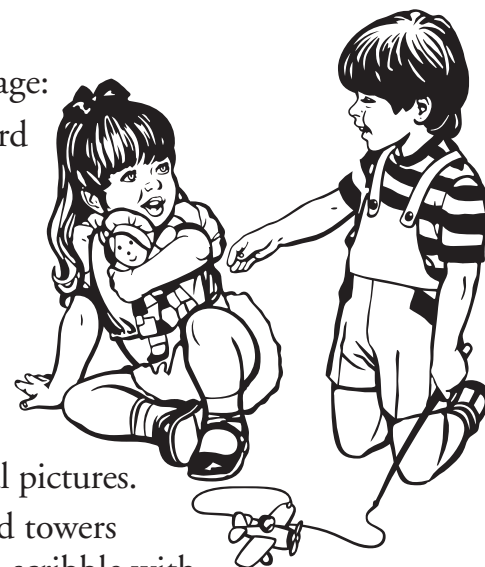
- Need a Child and Teen Checkups health check at 2 years. Regular health checks are important. Ask your clinic about fluoride use, and a test for lead poisoning.
- Eat a lot one time and not much the next. Offer 3 meals and 1-2 healthy snacks a day.
- Eat what you prepare for everyone else. You decide what to serve, when and where. Let your toddler decide how much (if any) to eat.
- Need teeth and gums cleaned daily with a soft cloth or toothbrush. Use only a pea-size amount of fluoride toothpaste.
- May sleep 10-12 hours at night and nap once a day. Keep a regular bedtime routine.



Learning

Toddlers at this age:

- Use two word phrases and know about 200 words. Talk with your child and read short books with colorful pictures.
- Like to build towers with blocks, scribble with crayons and throw balls.
- Like to make their own decisions and often have tantrums. Give choices — “Do you want a nap now or after a story?” Be consistent and praise your child often!
- MAY be ready for toilet training. This can be frustrating! Before starting, contact your clinic or local library for information to help you.
- Love time with their parents! It’s important to spend uninterrupted, one-on-one time with your child daily.



Safety

- **ALWAYS** use an approved car seat, properly secured in the back seat.
- Keep your hot water temperature below 120° F. Before bathing your toddler, check the water temperature with your wrist.
- Stay with and watch your toddler carefully when near *any* water, on a high place, near cooking areas, or near animals.
- Don't let *anyone* smoke around your toddler.
- Always keep crib rails up and the mattress at the lowest setting. Change to a toddler bed if he climbs out of the crib.
- Keep plastic bags, balloons, safety pins and small objects such as coins and hard pieces of food away from your toddler. Never allow your toddler to walk, run, or ride in the car with food in his mouth.
- Use smoke detectors and check them twice per year (such as at daylight-savings time).
- Toddlers are curious. Lock up your guns and bullets separately. It's the law!
- Your toddler is becoming independent and may run away from you when you aren't looking. **Watch your toddler carefully.**
- Child proof your home! Keep medicines, poisons and sharp objects locked up. Use gates by stairs.

Attention. If you want free help translating this information, ask your worker or call the number below for your language.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاسأل مساعدك في مكتب الخدمة الاجتماعية أو اتصل على الرقم 1-800-358-0377

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមសួរអ្នកកាន់សំណុំរឿងរបស់អ្នក ឬ ទូរស័ព្ទទៅលេខ 1-888-468-3787 ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, pitajte vašeg radnika ili nazovite 1-888-234-3785.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, nug koj tus neeg lis dej num (worker) lossis hu 1-888-486-8377.

ໂປຼດຊາບ. ຖ້າທ່ານກຳລັງຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງຖາມນຳພັນກຳລັງຊ່ວຍວຽກຂອງທ່ານຫຼືໂທໂທລີໂຟນຕາມເລກໂທ 1-888-487-8251.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, hojjataa kee gaafaddhu ykn lakkoofsa kana bilbili 1-888-234-3798.

Внимание: если вам нужна бесплатная помощь в переводе этой информации, обратитесь к своему социальному работнику или позвоните по следующему телефону: 1-888-562-5877.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la'aan ah, weydii hawl-wadeenkaaga ama wac lambarkan 1-888-547-8829.

Atención. Si desea recibir asistencia gratuita para traducir esta información, consulte a su trabajador o llame al 1-888-428-3438.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi nhân-viên xã-hội của quý vị hoặc gọi số 1-888-554-8759.

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ADA1 (12-12)

This information is available in accessible formats for individuals with disabilities by calling 651-431-2486, toll-free 800-657-3739, or by using your preferred relay service. For other information on disability rights and protections, contact the agency's ADA coordinator.

Minnesota Poison Information
1-800-222-1222
Minnesota Immunization Hotline
1-800-657-3970

