

Happy 2nd birthday!

It's time to schedule checkups with your child's doctor and dentist. Be ready to talk about any illnesses or injuries your child has had. You may want to write down a list of topics to talk about. Mention any changes in your child's eating, sleeping, or behavior.

Protect your child and others

As a two-year-old, your child is likely to be around other children. This puts him or her at higher risk for getting sick, especially from diseases that vaccines can prevent. Many diseases spread easily from person to person. Immunize your child to protect him or her, your family, and those who:

- Are unable to get vaccines because they're too young, too old, or have certain medical conditions.
- Have weak immune systems.
- Are not fully immunized.

Make sure your child gets vaccinated to protect his or her health and prevent the spread of disease in your community.

Vaccines are your child's best protection

If your child is up-to-date on vaccines, congratulations! While most two-year-olds in our state are up to date, one out of four don't have all the recommended vaccines. Bring your child's Lifetime Immunization Record to every visit. By age two, your child should have had the following vaccines:

- Hepatitis B (HepB): 3 doses
- Diphtheria, tetanus, acellular pertussis (DTaP): 4 doses
- *Haemophilus influenzae* type b (Hib): 3 to 4 doses
- Pneumococcal conjugate vaccine (PCV): 4 to 5 doses
- Inactivated Polio Vaccine (IPV): 3 doses
- Measles, mumps, and rubella (MMR): 1 dose
- Varicella (chickenpox): 1 dose
- Hepatitis A (HepA): 2 doses
- Influenza (flu): yearly



Some children with certain medical conditions may need other vaccines. Ask your doctor or nurse if other vaccines are recommended for your child. Find out if your child is up-to-date by going to <http://bit.ly/Scheduler>.

Help your toddler learn new skills

By age two, your child will start to do things on his or her own. Children learn by trying new things and practicing what they've learned. Give your child plenty of chances and lots of time to practice. Your child may be more excited about playing with other children. He or she is getting better at taking turns. Over the next year, your child will learn to:

- Jump with both feet off the ground.
- Draw circles and lines.
- Say short sentences.
- Ask many questions.
- Put clothes on and take them off.

Learn the signs. Act early.
 Visit www.cdc.gov/ncbddd/actearly/milestones/ to find out which milestones your child has reached by age two.

It's important to find out if your child is on track for healthy development or if he or she may need some support. Each child develops at his or her own pace. If you have any questions about your child's development, help is available. Talk with your doctor or nurse or call the Family Health Hotline at 1-800-322-2588 to learn more. They can help you check your child's development and can connect you with the Early Support for Infant and Toddlers program in your area.

Keeping Your Toddler Healthy and Safe

Keep baby teeth healthy

Baby teeth are important for smiling, eating, speaking clearly, and guiding adult teeth into place. Be sure to brush your child's teeth twice a day. Use a small smear of fluoride toothpaste and be sure your child spits it out when done brushing. Avoid sweet drinks and juice, and frequent snacking, which may cause tooth decay. Toddlers need a dental checkup at least once a year. If your child is at risk for tooth decay, the dentist may recommend a fluoride supplement.

Encourage your toddler to be active

Help your toddler use his or her body and muscles. Go outside often to play. Your child will enjoy swinging, throwing and rolling a ball, and playing simple games of tag or hide-and-go-seek with you and other children.

The American Academy of Pediatrics recommends no more than two hours of "screen time" a day for young children. Set a good example. Instead of watching shows or playing games on your TV, computer, tablet, or phone, dance with your child or go out for a walk.

Don't rush toilet training

Parents often want children to use the toilet at an early age, but many children are not ready until age three or older. Your child will learn more quickly if you wait until he or she is really ready. Look for signs that your child may be ready, such as:

- Wanting to do the things you do.
- Staying dry during naps or for a few hours at a time.
- Telling you when he or she needs a diaper change.

Find ways to cope with temper tantrums

Toddlers often yell, kick, and scream when they are not able to express their feelings. Tantrums may happen when a child is:

- Frustrated, angry, disappointed, or scared.
- Stressed.
- Tired, hungry, or sick.
- Needing attention or showing independence.

Try to stay calm when your child has a tantrum. If you get mad, your child may get more upset. If you are in a public place, pick up your child and take him or her to somewhere quiet. Stay with your child while he or she quiets down. Let your child know you will stay nearby until he or she feels better.

When you help your child learn how to handle strong feelings, you help him or her play and learn. Help your child talk about what he or she is feeling. This may help your child calm down more quickly.

Find the right car seat for your child's size

Many parents move their child from a car seat with a harness to a booster seat or adult seat belt too soon. Your child needs the protection of a car seat with a harness until about age four. Snug harness straps keep your child secure during normal driving and in a crash.

Only switch to a belt-positioning booster when your child reaches the weight limit of the harness (check the label) or his or her shoulders are above the top harness slots.

Children under 13 should always ride in the back seat and everyone in the car must be buckled up. It's the law.

Questions? Call the Safety Restraint Coalition:

1-800-282-5587 or visit www.800buckleup.org

Keep your house safe

Children are naturally curious, so even though your child is getting older, you must still watch him or her every minute. To make your home safer:

- Install stairway gates and window guards.
- Install window stops or guards to keep windows from opening more than four inches. Keep things your child can climb on away from windows. Window screens will not keep your child from falling out. Visit www.safekids.org/falls for more information.
- Keep window blind cords away from your child's bed and out of reach.
- Keep your child away from ovens, stoves, irons, curling irons, fireplaces, and heaters.
- Keep medicines in child-resistant containers and locked up and out of reach.
- Put away purses and backpacks that may contain dangers.
- Keep chemicals, detergents, nicotine and marijuana products, and guns and knives stored safely and out of reach.
- Post the phone number of the Washington Poison Center (1-800-222-1222) near your phone.
- Keep items with small coin-sized batteries away from children. They are harmful if swallowed.

Make sure your child's other caregivers also keep their homes safe for your child.

Choose toys carefully

Keep your child's age, abilities, and interests in mind when choosing toys. Toys meant for older children may be dangerous for your child. Teach older children to pick up their toys and put them out of reach when done playing with them. Avoid toys with small parts that could cause choking. Broken or empty latex balloons cause more choking deaths than any other children's product. Consider choosing Mylar balloons, which are less hazardous.