



## 2 & 3 YEARS

Your child is becoming more and more communicative and verbal. Continue reading with them, helping them learn shapes, colors, letters and numbers.

**DENTAL CARE:** Continue brushing teeth every day. Use non-fluoride toothpaste until your child is able to spit. See the dentist for the first dental exam around 2 years of age.

**SCREEN TIME:** The AAP recommends limiting screen time for children 2-5 years of age to one hour a day of high-quality programs.

**POTTY TRAINING:** Potty training usually takes place in girls around the age of 2.5 years of age and in boys, closer to 3 years of age, although each child is different. Watch for signs of readiness to toilet train (ability to know when they need to urinate or have a bowel movement, the ability to communicate that need, and showing signs of wanting to sit on the toilet). Many children are day-time potty trained before they are night-time potty trained.

There are many toilet-training methods available- some recommendations would be:

[\*The Three Day Potty Training by Lora Jensen\*](#) (PDF book that you can purchase online)

[\*Oh Crap! Potty Training by Jamie Clowacki\*](#).

**CAR SEATS:** Toddlers should ride in rear-facing car seats as long as possible, until they reach the highest weight or height allowed by the car seat. Most convertible car seats have limits that allow children to ride rear-facing for 2 years or more. Once children are forward-facing, they should use a forward-facing car seat with a harness as long as possible, until they reach the height and weight limits for their seats. Many seats can accommodate children up to 65 pounds.

**POOL SAFETY:** Always watch your children when they're in or near a pool or spa. If multiple adults are present, designate one of them to watch the children for a designated amount of time and then rotate. Consider hiring a life guard if you are having a pool party. Teach children basic water safety tips and enroll them in swimming lessons. Don't rely on fun toys such as water wings or noodles to keep your children safe. If your child can't swim, fit them with an age and weight appropriate personal flotation device.

**VACCINES AT 2 YEAR VISIT:** Second Hepatitis A, if they haven't already gotten it at 18 month well visit. Typically there are not any vaccines at the 3 year check up, if your child is caught-up with our vaccine schedule. Yearly flu vaccines are available, usually starting in mid-September each year.

*Next well visit will be annually.*