



7959 Broadway, Suites 600 & 604  
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[www.HeritagePediatrics.com](http://www.HeritagePediatrics.com)  
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### Dr. Hall's 2 Year Old Well Baby Check-up

Weight: \_\_\_lbs\_\_\_oz (\_\_\_%)  
Height: \_\_\_\_\_in (\_\_\_%)  
Head: \_\_\_\_\_in (\_\_\_%)

Thank you for choosing us as your child's Primary Care Provider. We look forward to serving you and your baby. Below you will find some helpful information.

#### IMMUNIZATIONS

Your baby will get 1 vaccine today.

(1) Hepatitis A #2

#### DEVELOPMENTAL MILESTONES



- Says 30-50 words with 2-3 word sentences
- Refers to self by name
- Can follow a 2 step command, can kick a ball, jump forward, climb furniture, runs, throws a ball, walks up/down stairs
- Helps with undressing, uses spoon/fork/cup
- Enjoys imitating adults, parallel play with other children
- Shows an interest in toilet-training

#### THINGS TO DO

- Schedule his/her first dental appointment if they haven't seen the dentist by now.
- Your child's next well visit is due at 3 years of age!

#### NUTRITION



Most young children do well with 3 small meals and 2 snacks daily. Some toddlers drink so much milk and juice that they have no appetite when its time for more nourishing meals and snacks. Too much juice can also cause diarrhea. A toddler doesn't need more than 16 to 24 oz of milk per day. Your child's appetite for meals may improve if you offer water instead of juice when's she's thirsty.

**What's a Toddler portion?** About a  $\frac{1}{4}$  of the serving you'd give an adult. Typical serving sizes are 1-2 Tablespoons of vegetables and  $\frac{1}{2}$  oz of meat (about a 1 inch cube). These servings may seem small, but it's better to start small and give seconds (with success comes



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opportunities for praise). Too big a portion can be overwhelming. Remember also that appetites and needs vary widely from day to day and child to child.

**Keep the menu simple.** Young children tend to be more comfortable with what they know. Introduce new foods along with familiar ones.

**New Foods: A little at a time.** When introducing a new food, you may find it easier to place only a teaspoonful on the plate. One study has shown that children did not accept a new food until it had been offered 10 times! (By that time it was an old food!). So if at first you don't succeed, don't give up: keep offering small servings.

Adapted from AAP's [Guide to Your Child's Nutrition](#)

## SLEEPING

Most 2 yr olds still require an afternoon nap. The child should sleep in her own bed if possible - discuss the move from crib to regular bed with your child's provider. A 2yr old's bedtime is usually between 7 and 8 pm. Establishing a bedtime routine and a consistent time for bed will help prevent many sleep problems. 2yr olds should be expected to fall asleep on their own and remain in bed until morning. Now is an excellent time to start reading books to your child as part of quiet time before bed.

Continue brushing your toddler's teeth twice each day with a soft toothbrush using a pea-size amount of toothpaste. Schedule a dental appointment for your child if not already seen by a dentist.

## TERRIFIC 2'S

Sometimes it's tough to parent a 2 year old. They are beginning to assert their independence and are difficult if not impossible to reason with. 2yr olds typically do not know what they want, except they are sure they don't want to do what you want them to do. However, these years don't have to be terrible, and can be terrific! Your child is simply moving from babyhood to childhood. A few comments to help you parent your 2 yr old:

- Playmates are important, so allow your child to experience playing with other toddlers. Do not expect sharing at this age.
- Limit TV viewing. The American Academy of Pediatrics recommends no more than 2 hours per day - less is better.
- Discipline should be firm and consistent, but loving and understanding. Praise your child for his good behavior. "catch him being good"
- Encourage your 2 year old to make choices whenever possible - but only those you can live with ("red shirt" or "green shirt")



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- Use the two I's of discipline (ignore or isolate) rather than the two S's (spank or shout). Try to verbally separate the child and the behavior ("I love you, but I don't like your touching the VCR"). Isolating your child briefly (1 or 2min) in time-out can be very effective (Remember, no attention, no toys, no fun while in time-out)
- Provide alternatives ("No, you cannot play with the telephone, but you can play with these blocks")

## SAFETY

Because they are so curious, toddlers are at high risk for accidents. Here are a few safety tips to keep in mind:



- Continue to buckle your child into a car seat (back seat) every trip. Enforce the rule that the car doesn't move until seat belts are buckled. Never leave your child alone in the car.
- There is no such thing as a "child proof" cap. Poisonings are common at this age. Make sure all medicines, household cleaners, and poisons are locked up and out-of-reach. Keep the **poison control** number near the phone. **1-800-222-1222**
- Outside play needs to be supervised.
- Insist on a smoke-free house and car; check batteries in smoke detectors on daylight savings dates (spring/fall).
- It is best to keep all guns out of a house. If you must keep a gun, keep it unloaded and in a locked place **separate** from the ammunition.



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## IMPORTANT CONTACT INFORMATION

Dr. Hall's clinic: 826-7033

Monday - Friday 8:30-5:00\*

Sat. 8-12 - sick visits only

## VACCINE ONLY HOURS:

9-11am and 2-4pm M-F

\*Office closed for lunch from

12:30-1:30

\*After Hours: When you call our offices after normal hours, you will get the option of speaking to a nurse.

\*WIC: 225-0213 (San Antonio area information)

\*Poison Control: 1-800-222-1222

[www.AAP.org](http://www.AAP.org)

(American Academy of Pediatrics - lots of parent hand-outs/information)

## WE RECOMMEND USING:

✓ Methodist Children's Hospital  
(7700 Floyd Curl Drive - Medical Center) for emergency room needs. Contact (210) 575-7000.

✓ For urgent after hours care:  
Night Light Pediatrics @ 19272 Stone Oak Pkwy - contact (210)545-7581  
open evenings until 11:00 pm (10pm summer)

Red Fish, Blue Fish Pediatrics @ 1207 N.  
Loop 1604 W, Ste. 115, (210) 479-3474

Little Spurs Ped. Urgent Care (5 locations)  
(210) 543-7334