



Pediatric Partners, L.L.C.

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THE TWO YEAR CHECK-UP

Return in One Year

This may be your child's lucky day, for this was quite possibly the first checkup without any required immunizations. We checked to make sure, of course, that all your child's shots are up-to-date, which is really important when it comes to health maintenance because by now most kids should be fully immunized or protected against 10 of the most common and deadly diseases of childhood. So if we found any immunizations that somehow got missed or we were unable to give before, we most likely gave them today.

During your child's check-up today, the nurse or doctor went over a list of developmental indicators that our experts at the American Academy of Pediatrics feel are important for 2-year-olds. Since it has been 6 months since we have seen your child for his scheduled maintenance check-up, there were quite a few things to go over. Below is a list for you to review with your child in mind.

TYPICAL DEVELOPMENTAL PROGRESS AT 2 YEARS*

- **Gross motor skills:** runs; jumps in place; walks up and down stairs, two feet on each step; throws ball overhead
- **Fine motor skills:** uses a spoon and fork, opens a door, stacks blocks, draws a vertical line
- **Cognitive skills:** starts early pretend play, remembers place where object is hidden, creates means to accomplish desired end (pulls chair to cabinet, climbs, retrieves hidden object)
- **Language skills:** has greater than 50 word vocabulary, speaks several two-word phrases, follows single-step and two-step commands, listens to short stories, uses pronouns
- **Social skills:** imitates adults plays in parallel with other children
- **Adaptive skills:** brushes teeth with help, dresses with help, feeds self

*Reprinted from "Guidelines for Health Supervision III," American Academy of Pediatrics, 1997.

We do not usually find children who are achieving every one of these developmental indicators right when they turn two, but they should seem to be making progress toward achieving them. We would appreciate a call if you do not feel your child is making progress in one or more of these areas.

Check-up Snapshot

WT _____ %
 HT _____ %
 H.C. _____ %

Immunizations

DTaP _____ HepB _____
 Hib _____ MMR _____
 Varivax _____ Polio _____
 Prevnar _____ Rotovirus _____
 HepA _____ Date _____

NUTRITION

Your child needs the proper foods and liquids for not only growth but also to help maximize progress toward those developmental indicators we mentioned before. The brain and nervous system also need the proper nutrients in order to work efficiently. Similarly, with all of the running, jumping, and climbing that occurs all day, your child will need to replace the calories that have been burned. He also needs to replace the fluids that are used up during the day, too. So, here are a few guidelines we think are important for feeding your child:

- Introduce low-fat milk. While we recommend whole milk until this age, you can now move to the lower fat choices of 2%, 1% or skim milk.
- Try to achieve 16 oz (1 pint) of milk per day. Some kids may like more and that is fine, but try not to go over 32 oz per day. A nice balance is 16oz of low-fat milk and 16 oz of water on a normal day.
- Take note that calcium intake is recommended at about 800 mg per day. A child can get 300 mg of calcium from an 8 oz glass of skim milk, so 16 oz of milk gets him pretty close to that daily requirement. Yogurt is about equal to milk when it comes to calcium. Interestingly, cheese and green vegetables like broccoli, green beans and spinach also contain healthful amounts of calcium.
- Serve all this milk as well as other liquids in a cup. **NO BOTTLE.**
- Encourage self-feeding with spoon and fork.
- Make portions you put on the plate small and add more if necessary.
- Be sure the other brothers and sisters set a good example at the table.
- Be consistent in timing meals. This lets the child learn to anticipate eating.
- Have meal times occur with regularity, so kids learn to anticipate eating and will not be so demanding of before-meal-snacks. And if those snacks are kept away, your two year old is going to be hungry and will eat much better for you.