



2 YEARS

CHECK UP

HT ____ WT ____ HEAD ____

NEW WINDSOR PEDIATRICS, PLLC

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OFFICE HOURS: Mon. – Fri. 8:00 a.m. – 8:00 p.m.
Sat. 8:00 a.m. – 3:00 p.m. Sun. 8:00 a.m. – 1:00 p.m.

ON CALL 24 HOURS: CALL BEFORE GOING TO ER

COMMON CONCERNS

- Do not battle over toilet training. Watch for signs of readiness and do not rush the process.
- If you push child too hard for control in the bathroom, the child may end up constipated due to stress.
- Do as much reading to child as possible. Their language will explode at this age.
- Do not forget **CONSISTENT DISCIPLINE AND LIMITS.**
- Be a positive **ROLE MODEL.**

NUTRITION

1. Offer a variety of foods.
2. Avoid over excessive drinking.
3. Avoid meal time battles.
4. Aim for 16 ounces of milk each day. Now you can switch to **LOW FAT MILK.**
5. If you are worried about child's nutrition intake, you can offer a chewable vitamin while seated to avoid choking.

SAFETY

- All children need to be in a car seat with a back and a 5 point harness. This is now the recommended age to switch to forward facing.
- Have at least one smoke detector on every floor of your home.
- Practice escape plan in event of fire.
- Use sun block generously and often. Sun blocks tend to be rubbed of worn off. Avoid sun in the middle of the day when the UV rays are most dangerous.

TODAY'S IMMUNIZATIONS

Hepatitis A vaccine #2

Hemoglobin and Lead screen

NEXT VISIT:

Please return for next check up when baby is **2 ½ YEARS OLD.** No scheduled vaccines.