



Forms:

Complete and print them for your upcoming appointment:

[Tuberculosis Screening](#)

[MCHAT](#)

[Lead Screening](#)

Vaccines:

We recommend the following vaccines:

None

24 MONTHS OLD

FAQ

My toddler seems afraid of a lot of things. Is this common?

Despite his apparent yearning for independence, the 2-year-old frequently hides behind his parent's legs when approached by other adults. He may develop fears at this age. For the first time, loud sounds, animals, large moving things, and other objects and events that are unpredictable and out of the child's control appear to be threatening. Fear of the dark may develop as the child struggles with the transition between waking consciousness and sleep. Unexplained events may resonate fearfully with the child's developing imagination (eg, he may develop a new fear of going down the drain along with the bath water, or a fear of thunder and lightning). A transitional object (e.g. a blanket or special stuffed animal) helps the child through anxious times, including the transition into sleep. With steady parental support and reassurance, the child gains confidence and gradually overcomes such fears.

When should I start toilet training with my toddler?

Toilet training is often high on the list of priorities that parents have for their 2-year-old child. Many, but not all, children this age have the developmental prerequisites to accomplish this major milestone. An essential ingredient to the success of this endeavor is the child's own desire.

Age Appropriate Information

Development:

- Two-year-old children should begin using 2-word sentences or phrases, such as, "want milk," "have cookie," and "go home."
- Two-year-old children also should be able to follow simple 1- or 2-step commands, such as, "Pick up the doll and bring it to me."
- Read to your child every day. Many toddlers love the same story over and over. This is normal. Ask your child to point to pictures of objects, animals, or people on the page. If the story is familiar, pause every now and then for your child to insert a phrase or sound to help tell the story or to finish a familiar sentence or phrase.
- Many children struggle to respond quickly at this age, so talk and question slowly so that your child has the opportunity to respond without pressure. Praise all efforts to respond and repeat what is said in an affirming way.

Toilet Training:

- Encourage toilet training when your child is dry for about 2 hours at a time, knows the difference between wet and dry, can pull her pants up and down, wants to learn, and can tell you when she is about to have a bowel movement.

- Here are some ways to help your child be successful: Dress her in easy-to-remove pants, establish a daily routine, place her on the potty every 1 to 2 hours, and provide a relaxed environment by reading or singing songs while she is on the potty.
- Children use the toilet more frequently than adults, often up to 10 times a day. Plan for frequent toilet breaks when traveling with your child, even if you are out for a short time.