

**West Plano Pediatrics**  
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**2 Year Check-up for** \_\_\_\_\_

**Height** \_\_\_\_\_ ( \_\_\_\_\_ %) **Weight** \_\_\_\_\_ ( \_\_\_\_\_ %) **Head** \_\_\_\_\_ ( \_\_\_\_\_ %)  
**Next Visit:** 3 Years

**Toilet Training Basics** -- Your child is toilet trained when, without any reminders, he walks to the potty, undresses, urinates or has a bowel movement, and pulls up his pants. Some children will learn to control their bladders first, others will start with bowel control. Both kinds of control can be worked on simultaneously. Bladder control through the night normally happens several years later than daytime control. The gradual type of toilet training discussed here can usually be completed in 2 weeks to 2 months, but you can expect some set-backs at times of stress or illness.

The best way to train your child is to offer encouragement and praise, be patient, and make the process fun. Avoid any pressure or punishment. Your child must feel in control of the process.

1. Buy a potty chair that is on floor level so that your child's feet touch the floor while he sits on the potty. It will give him leverage and he can get on and off whenever he wants to. Make the potty chair one of your child's favorite possessions. Several weeks before you plan to begin toilet training, take your child with you to buy a potty chair. Make it clear that this is your child's own special chair. Have your child help you put his name on it. Allow your child to decorate. Then have your child sit on it fully clothed until he is comfortable with using it as a chair. Keep it in the room in which your child usually plays. After your child accepts the potty chair (after at least 1 week), proceed to actual toilet training.

2. Encourage practice runs on the potty. Do a practice run whenever your child gives a signal that looks promising, such as a certain facial expression, grunting, holding the genital area, pulling at his pants, pacing, squatting, squirming, or passing gas. Other good times are after naps or 20 min. after meals. Encourage your child to walk to the potty and sit there with his diapers or pants off. Your child can then be told, "Try to go pee-pee in the potty". If your child is reluctant to cooperate, he can be encouraged to sit on the potty by doing something fun; for example, you might read a story. If your child wants to get up after 1 min. of encouragement, let him get up. Never force your child to sit there. Never physically hold your child there or strap him in. Even if your child seems to be enjoying it, end each sessions after 5 min. unless something is happening.

3. Praise or reward your child for cooperation or any success. Give favorite treats, stickers or stars as well as praise and hugs for rewards. This is "positive reinforcement", not bribery! All cooperation with practice sessions should be praised. For example, you might say, "You are sitting on the potty like a big boy." Although a sense of accomplishment is enough for some children, others need treats to stay focused. Reserve big rewards for when your child walks over to the potty by himself or ask to go there and uses it. Once your child uses the potty by himself two or more times, you can stop the practice runs. For the following week, continue to praise your child frequently for dryness and using the potty.

4. Change your child after accidents as soon as it's convenient, but respond sympathetically. Try not to show your disapproval beyond occasionally saying "Big boys don't go pee-pee in their pants." Avoid physical punishment, yelling, or scolding. Pressure or force can make a 2-yr.-old child completely uncooperative. Do not keep your child in wet or messy pants for punishment.

5. Introduce training pants after your child is cooperative about sitting on the potty chair and passes about half of his urine and bowel movements there. He definitely needs training pants is he comes to you to help him take off his diaper so he can use the potty. Take your child with you to buy the underwear and make it a reward for his success. Buy loose-fitting ones that he can easily lower and pull up by himself. Once you start using training pants, use diapers only for naps and nighttime.

**Growth & Development** -- Your toddler is approaching a very busy time in his life. He will enjoy activities that include climbing, sliding, and going up and down the stairs. An outdoor playground is a wonderful resource for allowing your toddler to use up some of his endless energy. Your toddler will also enjoy seeing other toddlers of the same age, and you may notice him copying other toddlers. Your toddler will communicate with 2-3 word sentences, and approximately 50% of his speech is understandable. He will also enjoy imaginative play and pretending play, such as dressing up in various costumes.

**Sleep** -- As mentioned earlier, your toddler may seem to have endless energy while he is awake during the day. But, he will still need a midday nap for about 1-2 hours. At night, he will require 10-12 hours of sleep.

**Nutrition** -- It is important to continue to provide an adequate source of calcium for your toddler. He will require 800-1200mg of calcium per day. Good low-fat options include skim-1%-2% cows milk, 2% cheese, and low-fat yogurt. Avoid fruit juices which are high in empty calories and related to childhood obesity.

**Speech** -- As your child learns to talk you will notice some difficulty with pronouncing words and some repetition of words or phrases. Both of these problems are normal between 18 mo. and 5 yr., and they occur because the mind is able to form words faster than the tongue can produce them. If a child becomes self-conscious or feels pressured to improve her speech, she could develop a problem with true stuttering. True stuttering consists of repetition of words, sounds or phrases and hesitations during speech. The speech does not flow smoothly, and the problem is more severe when the child is excited or stressed. You can help your child's speech and avoid many problems in the future by following these recommendations.

1. Sit down and talk with your child at least once a day. Keep the subject matter pleasant and enjoyable. Read to your child as often as possible. Make speaking fun. Avoid asking for verbal performance or recitations.
2. Don't correct your child's speech or express any disapproval. Remember that setting a good example with your own speech is the best way to teach your child about language. Don't worry about proper grammar at this age. Also, ask other adults not to correct your child's speech and don't let siblings tease or imitate her.
3. Don't interrupt your child when she is speaking. Give her plenty of time to finish what she is saying. Try to pause 2 seconds between the end of your child's sentence and the start of yours. Don't allow siblings to interrupt one another.
4. Don't ask your child to repeat himself unless you don't understand a comment that seems to be important. Listen very closely when your child speaks. If possible, you can guess at what she's trying to say.
5. Don't ask your child to practice a certain word or sound. It will make her more self-conscious about her speech.
6. Don't ask your child to slow down, but do try to convey that you have plenty of time. Again, your own speech should set a good example.
7. Don't label your child a stutterer -- it might become a self-fulfilling prophecy. Try not to discuss her speech problems in his presence.
8. Help your child relax and feel accepted in general. Try to increase the hours of fun and play your child has each day. Slow down the pace of family life and try to avoid situations that bring on stuttering.

While speech problems are common in preschoolers, there are some situations that may need further evaluation. If your child is self-conscious or embarrassed by her speech, or if stuttering is accompanied by facial grimacing or tics, let us know. We will keep tabs on your child's speech development during well checks, but if you have specific concerns, please don't hesitate to ask questions.

**Safety** -- Never leave your toddler unattended in a car, near water, or in the kitchen. Be careful while cooking in the kitchen; keep hot liquids away from the table/counter edges, place knives and gum out of reach. A quick home safety check will ensure that cabinet locks are still effective, smoke detectors have new batteries, and various cleansers are stored away from reach. POISON CONTROL 1-800-222-1222. Remember to use sunscreen when going outdoors.