**Bright Futures Parent Handout**  
2 Year Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

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**Your Talking Child**

- Talk about and describe pictures in books and the things you see and hear together.
- Parent-child play, where the child leads, is the best way to help toddlers learn to talk.
- Read to your child every day.
- Your child may love hearing the same story over and over.
- Stop a story to let your child make an animal sound or finish a part of the story.
- Use correct language; be a good model for your child.
- Talk slowly and remember that it may take a while for your child to respond.

**Your Child and TV**

- It is better for toddlers to play than watch TV.
- Limit TV to 1–2 hours or less each day.
- Watch TV together and discuss what you see and think.
- Be careful about the programs and advertising your young child sees.
- Do other activities with your child such as reading, playing games, and singing.
- Be active together as a family. Make sure your child is active at home, at child care, and with sitters.

**Safety**

- Be sure your child’s car safety seat is correctly installed in the back seat of all vehicles.
- All children 2 years or older, or those younger than 2 years who have outgrown the rear-facing weight or height limit for their car safety seat, should use a forward-facing car safety seat with a harness for as long as possible, up to the highest weight or height allowed by their car safety seat's manufacturer.

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**How Your Child Behaves**

- Praise your child for behaving well.
- It is normal for your child to protest being away from you or meeting new people.
- Listen to your child and treat him with respect. Expect others to as well.
- Play with your child each day, joining in things the child likes to do.
- Hug and hold your child often.
- Give your child choices between 2 good things in snacks, books, or toys.
- Help your child express his feelings and name them.
- Help your child play with other children, but do not expect sharing.
- Never make fun of the child’s fears or allow others to scare your child.
- Watch how your child responds to new people or situations.

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**Toilet Training**

- Signs of being ready for toilet training
  - Dry for 2 hours
  - Knows if she is wet or dry
  - Can pull pants down and up
  - Wants to learn
  - Can tell you if she is going to have a bowel movement
  - Plan for toilet breaks often. Children use the toilet as many as 10 times each day.
  - Help your child wash her hands after toileting and diaper changes and before meals.
  - Clean potty chairs after every use.
  - Teach your child to cough or sneeze into her shoulder. Use a tissue to wipe her nose.
  - Take the child to choose underwear when she feels ready to do so.

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**What to Expect at Your Child’s 2 1/2 Year Visit**

We will talk about

- Your talking child
- Getting ready for preschool
- Family activities
- Home and car safety
- Getting along with other children

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