

21 to 24 Month Checkup

Date: _____

Weight: _____

Height: _____

BMI %: _____



“My twins prefer eating finger foods over foods served with a spoon, so I prepare their foods in a way where they can hold it.”

– Kaiser Permanente member

Your child may be ready to ...

- go up and down stairs one step at a time
- kick a ball
- know at least 20 words
- say two-word phrases
- copy adults

Feeding

- Give your child nonfat or low-fat dairy products (2 cups a day), including milk, yogurt, and cheese. (Give soy milk if your child is allergic to cow’s milk.)
- Your child should be weaned from the bottle by now.
- Serve nutritious foods. Even if your child doesn’t seem to like them at first, keep trying! Aim for 2 cups of fruits and vegetables a day.
- Avoid foods that may cause choking (whole hot dogs, nuts, chunks of meat, cheese, or peanut butter, whole grapes, hard or sticky candy, popcorn, or raw vegetables).
- Juice is not recommended. If you do give your child juice, limit it to no more than 4 to 6 ounces a day, served in a cup, not a bottle. Make sure the label says “100% whole fruit juice.” Do not give your child soda or other sweet drinks.

Healthy habits

- To protect your child from the sun, try to stay in the shade, especially between 10 am and 4 pm. Use a broad spectrum (UVA and UVB protection) sunscreen with an SPF of at least 15. Cover him or her up with a broad brimmed hat, long sleeves and pants, and sunglasses with UV protection.
- Once your child turns 2, use a “pea-size” amount of toothpaste (with flouride) when brushing your child’s teeth.

- Don’t smoke! Talk with your doctor or contact your Health Education Department if you would like to quit smoking.
- Children under age 2 should not watch TV or videos. Too much TV may negatively affect early brain development.

Safety

- **Car seat.** Use the car seat for every ride. Keep your child in a rear-facing car seat until he or she turns 2 or reaches the highest height or weight allowed by your car seat’s manufacturer. At that point, you can turn the car seat around so that your child is facing forward. We encourage you to have your child’s seat inspected to make sure it is properly installed: call 1-866-SEATCHECK or visit www.seatcheck.org. For more information, review the car seat information on your child’s doctor’s home page.
- **Prevent falls.** Put locks or guards on all windows above the first floor. Watch your child at all times around play equipment.
- **Prevent drowning.** Watch your child at all times when he or she is near water (pool, hot tub, bucket, bathtub, lake, etc.). Swimming pools should be fenced on all sides and have a self-latching gate.
- **Reduce lead poisoning risk.** Tell your doctor or other medical professional if your child spends a lot of time in a house built before 1978 that has chipped or peeling paint or that has been recently renovated.
- **Pet safety.** Never leave your child unattended with any animal, even family pets. Always closely supervise play with pets. At this age kids are naturally curious and get excited easily.

Teach your children to pet gently and wash hands (yours and your child's) after playing or cleaning up after pets.

Parenting

- Praise and reward good behavior. Don't yell or spank. Use "Time Out" instead.
- To distract your child from misbehaving, try offering a toy or simply give the child a hug.
- Your child may show interest in potty training at this age.
- Read stories to your child every day. Children learn by copying you.
- Never leave your child alone in a house or car.

Potty training

Remember ...

- Many children are ready for potty training by the age of 2.
- Most children are potty trained by the age of 3¹/₂.
- Potty training usually takes two weeks to two months.
- Staying dry at night usually does not occur until age 3 to 6 years.
- Patience is the key to success.

Potty training readiness

- Understands what "pee," "poop," "dry," "wet," "clean," "messy," and "potty" mean.
- Shows interest when other family members use the toilet.
- Is aware of bowel movements (BMs) and urine in the diaper.
- Prefers dry, clean diapers.
- Understands using the potty means having a dry diaper.
- Can recognize the sensation of a full bladder and the urge to have a BM (holds pants, squats).
- Can follow simple directions.

Potty training skills

- Get a potty chair (your child can help pick it out), rewards (stickers, toys), and a storybook for your child about potty training.

- Have your child sit on the potty with clothes on for the first few days. Read stories to your child while he/she is on the potty. Sitting on the potty should be limited to five minutes.
- Watch for signs of a full bladder; then have practice runs to the potty.
- Show your child where the BMs are supposed to go by placing one of your child's BMs in the potty chair.
- Never force or pressure your child to sit on the potty. Do not scold or punish your child for accidents.
- Praise or reward your child for any cooperation or success.
- Use training pants (heavy cloth underwear or diaper "pull-ups") after your child is using the potty most of the time.

"Time Out" – The preferred method of discipline

"Time Out" is when you immediately put a child in a boring place for a few minutes every time he/she misbehaves. Do not yell. Use a boring, neutral tone of voice.

When do you use it?

Use Time Out whenever your child acts aggressively (hitting, pinching, biting, kicking), has disruptive tantrums, or behaves in a way that is dangerous to either him/herself or others.

When you are at home

Choose a boring location (no toys or TV) for Time Out. The location should be safe (child-proofed) and not dark or scary. Do not use bathrooms, closets or basements. A spot on the floor, playpen, or a chair can often be used.

When away from home

Use the car or have your child sit on the floor or on a bench. Stay with your child.

Length of Time Out

Have your child stay in Time Out for one minute for every year of age (10 minute maximum). Use a timer.

Won't stay in Time Out?

If your child won't stay in Time Out, take him or her back quickly and reset the timer. Some children will need to be held there (hold shoulders from behind). Tell child that you will stop holding him or her when he or she stops trying to escape. Then avoid eye contact and don't do any more talking. Pretend it doesn't bother you. If this does not work, use a bedroom with a gate blocking the door. If you don't have a gate, hold the door closed.

If you are having problems with potty training or discipline, talk to your child's doctor or nurse practitioner to find out more about your child's temperament (personality).

Other resources

Web Sites

Kaiser Permanente
kp.org

American Academy of Pediatrics
healthychildren.org

Bright Futures
brightfutures.org

National Highway Traffic Safety Administration
nhtsa.org

Preventive Ounce
preventiveoz.org

Books

Child of Mine: Feeding with Love and Good Sense – Satter

Temperament Tools – Neville

123... The Toddler Years – Van De Zande, et al.

Your Child's Health – Schmitt

Contact your local Health Education Department or Center.

Please share

this handout with anyone who takes care of your child.



The next checkup is when your child is 3 years old.



Your child may get immunizations (shots) at the next visit.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your child's physician or other health care professional. If your child has persistent health problems, or if you have additional questions, please consult with your child's doctor.