



# Wellness Visit

2 Year

f h m *Primary Care*

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## A reminder for all parents...

Everyday will be different and that's ok!  
Whether this is your first child or you've done this many times before, ALL parents need support, reach out for help when you need it!  
If you have questions don't hesitate to call us.

### Support & Self-Care

#### CALL US

- If you do not feel safe at home
- With questions about your child, we're here to help!

#### TAKE CARE OF YOURSELF

Caring for yourself is vital in being a caregiver  
Schedule child-free times for yourself.

### Safety

#### CAR SEAT SAFETY

Check to confirm your car seat is installed correctly. If your child has outgrown your car seats rear-facing limit you can turn them around but use a car seat with a harness for as long as possible.

#### TV

It is better for toddlers to play than watch TV.  
Limit TV to 1-2 hours or less a day.  
Be mindful of the content your child is viewing.

#### BIKE SAFETY

Always wear a properly fitting helmet on bikes, trikes and scooters.

#### SAFE SPACE

Keep your child away from moving machines, lawn mowers, streets, and cars. Keep baby gates up on all stairs and spaces that are not safe for your child. Be sure all cords are out of reach especially irons, and hot hair tools. Keep medications, and cleaning supplies in a child proof closet or cabinet up high out of reach and sight. If you must have a gun in the home store it unloaded and locked in a gun safe.

### Caring for Your Child

#### COMMUNICATION+ EMOTIONS

Set limits and be consistent.

Praise your child for accomplishments and encourage when then need help. If your child does something wrong immediately & briefly explain what they did wrong in a calm voice. Remember your child is learning!  
Parenting classes can help you understand toddlers behaviors better and offer tips and tricks.

Teach your child words for their feelings and ask them to use them to identify their feelings. Use simple and clear words when asking your child to do something.  
Never make fun of a child's fear or allow others to scare your child.

#### POTTY TRAINING

Every child is different and 2 years old may be too early.

Signs your child is ready to start are

- being dry for 2 or more hours
- knows when they are wet or dry
- is showing interest in the toilet

Every step counts! Praise interest in sitting on the potty even if they don't go. Reading books about toilet training can also encourage your child.

You can begin with a mini potty or add a toilet seat to your toilet so your child can comfortably sit.

#### PLAYTIME

Regular playtime with children their age can help with socialization skills and offer new learning opportunities.

Read to your child often. Ask your child to point out things in the book or repeat words.

### Health & Wellness

#### WASH YOUR HANDS

Wash both yours and your child's hands often to keep everyone safe and healthy.