



Anticipatory Guidance - 24 Month Checkup

Family

- Maintain consistent family routine
- Be aware of language used, child will imitate
- Make 1:1 time for each child in family

Development and Behavior

- Assist in use of language to express feelings
- Establish consistent limits/rules and consistent consequences
- Limit TV time to 1-2 hours/day
- Provide age-appropriate toys to develop imagination/self-expression
- Read books and talk about pictures/story using simple words
- Discipline constructively using time-out for 1 minute/year of age
- Praise good behavior
- Provide opportunities for side-by-side play with others of same age group
- Use of "No" for self-opinion/frustration/expression of anger

Nutrition

- Provide nutritious 3 meals and 2 snacks; limit sweets/high-fat foods

Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day
- Teach hand-washing
- Progress with toilet training by providing frequent "potty" breaks every 2 hours
- Encourage supervised outdoor exercise
- Establish consistent bedtime routine

Safety

- Lock up guns
- No shaking baby (Shaken Baby Syndrome)
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality day care, if needed
- Supervise within arm's length when near or in water
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker
- Use of helmet when riding tricycle or bicycle