



# BRIGHT FUTURES HANDOUT ► PARENT

## 2 YEAR VISIT

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

### ✓ HOW YOUR FAMILY IS DOING

- Take time for yourself and your partner.
- Stay in touch with friends.
- Make time for family activities. Spend time with each child.
- Teach your child not to hit, bite, or hurt other people. Be a role model.
- If you feel unsafe in your home or have been hurt by someone, let us know. Hotlines and community resources can also provide confidential help.
- Don't smoke or use e-cigarettes. Keep your home and car smoke-free. Tobacco-free spaces keep children healthy.
- Don't use alcohol or drugs.
- Accept help from family and friends.
- If you are worried about your living or food situation, reach out for help. Community agencies and programs such as WIC and SNAP can provide information and assistance.

### ✓ TALKING AND YOUR CHILD

- Use clear, simple language with your child. Don't use baby talk.
- Talk slowly and remember that it may take a while for your child to respond. Your child should be able to follow simple instructions.
- Read to your child every day. Your child may love hearing the same story over and over.
- Talk about and describe pictures in books.
- Talk about the things you see and hear when you are together.
- Ask your child to point to things as you read.
- Stop a story to let your child make an animal sound or finish a part of the story.

### ✓ YOUR CHILD'S BEHAVIOR

- Praise your child when he does what you ask him to do.
- Listen to and respect your child. Expect others to do as well.
- Help your child talk about his feelings.
- Watch how he responds to new people or situations.
- Read, talk, sing, and explore together. These activities are the best ways to help toddlers learn.
- Limit TV, tablet, or smartphone use to no more than 1 hour of high-quality programs each day.
  - It is better for toddlers to play than to watch TV.
  - Encourage your child to play for up to 60 minutes a day.
- Avoid TV during meals. Talk together instead.

### ✓ TOILET TRAINING

- Begin toilet training when your child is ready. Signs of being ready for toilet training include
  - Staying dry for 2 hours
  - Knowing if she is wet or dry
  - Can pull pants down and up
  - Wanting 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.
- Teach your child to wash her hands after using the toilet.
- Clean potty-chairs after every use.
- Take the child to choose underwear when she feels ready to do so.

**Helpful Resources:** National Domestic Violence Hotline: 800-799-7233 | Smoking Quit Line: 800-784-8669  
 Information About Car Safety Seats: [www.safercar.gov/parents](http://www.safercar.gov/parents) | Toll-free Auto Safety Hotline: 888-327-4236

## 2 YEAR VISIT—PARENT

### ✓ SAFETY

- Make sure your child's car safety seat is rear facing until he reaches the highest weight or height allowed by the car safety seat's manufacturer. Once your child reaches these limits, it is time to switch the seat to the forward-facing position.
- Make sure the car safety seat is installed correctly in the back seat. The harness straps should be snug against your child's chest.
- Children watch what you do. Everyone should wear a lap and shoulder seat belt in the car.
- Never leave your child alone in your home or yard, especially near cars or machinery, without a responsible adult in charge.
- When backing out of the garage or driving in the driveway, have another adult hold your child a safe distance away so he is not in the path of your car.
- Have your child wear a helmet that fits properly when riding bikes and trikes.
- If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately.

### WHAT TO EXPECT AT YOUR CHILD'S 2½ YEAR VISIT

#### We will talk about

- Creating family routines
- Supporting your talking child
- Getting along with other children
- Getting ready for preschool
- Keeping your child safe at home, outside, and in the car

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

For more information, go to <https://brightfutures.aap.org>.

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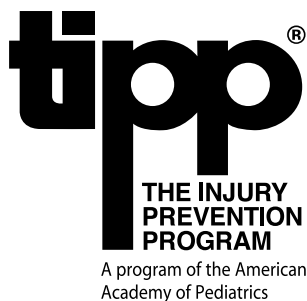
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# 1 to 2 Years



## 1 TO 2 YEARS

### Safety for Your Child

Did you know that injuries are the leading cause of death of children in the United States? Most of these injuries can be prevented.

Often, injuries happen because parents are not aware of what their children can do. At this age your child can *walk, run, climb, jump, and explore* everything. Because of all the new things he or she can do, this stage is a very dangerous time in your child's life. It is your responsibility to protect your child from injury. Your child cannot understand danger or remember "no" while exploring.

#### Firearm Hazards

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. It is best to keep all guns out of the home. **Handguns are especially dangerous.** If you keep a gun, keep it unloaded and in a locked place, with the ammunition locked separately. Ask if the homes where your child visits or is cared for have guns and how they are stored.



#### Poisonings

Children continue to explore their world by putting everything in their mouths, even if it doesn't taste good. Your child can *open doors and drawers, take things apart, and open bottles* easily now, so you must use safety caps on all medicines and toxic household products. **Keep the safety caps on** at all times or find safer substitutes to use. Contact Poison Help for more information.

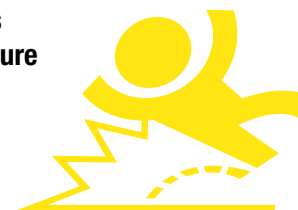


Your child is now able to get into and on top of everything. Be sure to keep all household products and medicines completely out of sight and reach. Never store lye drain cleaners in your home. Keep all products in their original containers. Use medicines exactly as directed and dispose of unused medicine safely as soon as you are finished with it.

**If your child does put something poisonous into his or her mouth, call Poison Help immediately. Add the Poison Help line (1-800-222-1222) to your phone contacts list. Do not make your child vomit.**

#### Falls

To prevent serious falls, lock the doors to any dangerous areas. **Use gates on stairways and install operable window guards** above the first floor. **Remove sharp-edged furniture** from the room your child plays and sleeps in. At this age your child will walk well and start to climb, jump, and run as well. A chair left next to a kitchen counter, table, or window allows your child to climb to dangerously high places. Remember, your child does not understand what is dangerous.



**If your child has a serious fall or does not act normally after a fall, call your doctor.**

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## Burns

The kitchen is a dangerous place for your child during meal preparation. Hot liquids, grease, and hot foods spilled on your child will cause serious burns. A **safer place for your child** while you are cooking, eating, or unable to give him or her your full attention is the **playpen, crib, or stationary activity center, or buckled into a high chair**. It's best to keep your child out of the kitchen while cooking.

Children who are learning to walk will grab anything to steady themselves, including hot oven doors, wall heaters, or outdoor grills. Keep your child out of rooms where there are hot objects that may be touched, or put a barrier around them. If you have a gas fireplace, keep children away while it is in use and for at least an hour after turning it off. The glass doors get extremely hot and can cause severe burns.

Your child will *reach* for your hot food or cup of coffee, so don't leave it within your child's reach.

**NEVER carry your child and hot liquids at the same time.** You can't handle both.

**If your child does get burned, immediately put cold water on the burned area. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth. Call your doctor for all burns. To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases you can adjust your water heater.**

**Make sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.**



## Drowning

At this age your child loves to play in water. **NEVER leave your child alone in or near a bathtub, pail of water, wading or swimming pool, or any other water, even for a moment.** Empty all buckets after each use. Keep the bathroom doors closed. Your child can drown in less than 2 inches of water. Knowing how to swim does NOT mean your child is safe near or in water. Stay within an arm's length of your child around water.

If you have a swimming pool, fence it on all 4 sides with a fence at least 4 feet high, and be sure the gates are self-latching. If possible, lock doors that could lead to the pool area. Most children drown when they wander out of the house and fall into a pool that is not fenced off from the house. You cannot watch your child every minute while he or she is in the house. It only takes a moment for your child to get out of your house and fall into your pool.



## And Remember Car Safety

**Car crashes are a great danger** to your child's life and health. The crushing forces to your child's brain and body in a crash or sudden stop, even at low speeds, can cause severe injuries or death. **To prevent these injuries USE a car safety seat EVERY TIME** your child rides in the car. All infants and toddlers should ride in a rear-facing car safety seat until they reach the highest weight or height allowed by their car safety seat's manufacturer. Be sure that the safety seat is installed and used correctly. Read and follow the instructions that come with the car safety seat and the instructions for using car safety seats in the owners' manual of your car. **The safest place for all infants and children to ride is in the back seat.**

**Do not leave your child alone in or around the car. Keep vehicles and their trunks locked. Children who are left in a car can die of heatstroke because temperatures can reach deadly levels in minutes. They can be strangled by power windows or knock the vehicle into gear.**

Always **walk behind your car** to be sure your child is not there before you back out of your driveway. You may not see your child behind your car in the rearview mirror.

**Remember, the biggest threat to your child's life and health is an injury.**



From Your Doctor

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Illustration by  
Billy Nuñez, age 16

# TEACHING GOOD BEHAVIOR: TIPS ON HOW TO DISCIPLINE

## DISCIPLINE IS HOW PARENTS TEACH THEIR CHILDREN

- Praise success and good tries.
- Be clear and consistent about what you expect.
- Listening is important; let your child finish the story before helping to solve the problem.
- Praising your child for good behavior works most of the time, but you will still need to set limits.
- Sometimes a time-out is needed for either you or your child.

**A**ll children want to be good and please their parents, but they need to learn how. Young children view the world as “good and bad” or “right and wrong”—nothing in between.

Teach your child right from wrong with words and actions. Children need to know when they do something bad and when they do something good.

Praising your child will encourage good behavior and reduce bad behavior, but part of a parent’s job is to correct bad behavior.

## TEACH ALL THE STEPS

What seems simple, like getting dressed in the morning, has many steps for children. If your child “can’t” or “won’t” do something, it may be that your child still needs to learn the steps.

Explain the steps one at a time and then offer praise.

For example,

1. “Please get your clothes. They are on the bed.”
2. “OK, now take off your pajamas.”
3. “Now, put on your shirt.”
4. “You look very nice today. You did a good job getting dressed.”

Take time to remind your child about each step rather than doing it yourself or getting upset. It will take longer at first, but it is well worth it! Learning new skills makes your child more confident.

## CATCH YOUR CHILD BEING GOOD

Watch for good behavior like listening to you, being polite, and helping others. Praise good behavior as often as possible. You can even praise a good try!

- “Nice tower. Look how high you built it!”
- “Good sharing. I love it when you play so nicely with your sister.”

Your love and attention are what your child needs and wants. But sometimes children learn that the way to get attention is to misbehave. Teach your child that being good is the best way to get your attention. Praise with words, but remember that a hug or a smile is often just right!

Children love to help. A good way for your child to get your attention is by helping with chores like folding laundry, setting the table, or assisting with simple repairs. Smile and say, “Thanks for your help!”



Children think they are special, and they are! Self-respect is the first step toward learning how to respect others. Children who are loved feel that they are special and learn that other people are special too. It's okay to say,

- "You're a great helper!"
- "Good job!"

**When children are doing something good, let them know it by saying, "I like it when you..."**



## CHILDREN NEED LIMITS

Nobody is perfect; that's why patience is needed. When your child needs to be corrected,

1. Name the bad behavior.
2. Tell your child that the behavior needs to stop. "No hitting! That's not nice."

While children respond best to praise for good behavior, sometimes other types of discipline are needed.

### TIME-OUT—Setting limits for 2- to 5-year-olds

When saying "no" is not enough, try using a time-out. It teaches your child that misbehaving is not a good way to get your attention and it stops the bad behavior. When the time-out is over, you and your child can start all over again.

Steps for giving a time-out are:

1. Warn your child: "If you don't stop, you'll have a time-out."
2. If your child misbehaves again, briefly explain the reason. For a 2-year-old, simply say, "No hitting."
3. Have your child go to a quiet place, like the corner of a room.
4. Start the timer—1 minute for each year of age.
  - 2 years old = 2 minutes
  - 3 years old = 3 minutes
  - 4 years old = 4 minutes
  - 5 years old = 5 minutes

If your child leaves the time-out area,

- Have your child go back.
- Restart the timer.
- Explain the need to "stay put" until it's over.

Other adults caring for your child (grandparents, baby-sitters, aunts, and uncles) also need to know how a time-out works.

### Other Ideas

Time-outs can be used too much. Other ways to correct your child's behavior include:

- **Ignoring.** When your child is doing something that is not dangerous to get your attention, try ignoring the behavior.
- **Redirecting.** Sometimes children misbehave because they are bored or don't know any better. Find something else for your child to do.

Correcting a child's behavior can be hard. Talk with your pediatrician for more ideas.

## SET CLEAR RULES

Help your child learn the rules by making them plain. "It's time for bed sweetheart. Please get in your bed now. Then we can read a story. I'm glad you got ready for bed so quickly. I love reading to you at night."

Children will almost always test a new rule for the first few days. Hold fast; say it again and again and your child will learn the new rule. Be consistent, even when it seems like a lot of trouble!

## LISTEN TO YOUR CHILD

Children are learning and experiencing many new things every day, and they want to share them. Spend time every day playing and talking with your child. Talk about the good and fun parts of the day as well as any bad or tough times.

If your child had a hard time,

1. Listen to the whole story. Without judging or talking about how to behave, let your child finish telling the entire story.
2. Find positive parts of the story to praise.
3. Teach better ways of behaving and responding.

Questions you can ask at dinner or bedtime include:

- "Tell me about what you did today."
- "What was your favorite thing that happened today?"
- "Was there anything that was hard or that you needed help with today?"

## WHEN YOUR CHILD MAKES YOU ANGRY

Sooner or later, all parents get frustrated. Remember that no matter how difficult your child can be, you are the most important person in your child's life.

If you feel out of control, first make sure your child is in a safe place, like a playpen, crib, or bedroom. Then take a "time-out" for yourself.

Do something that you find relaxing to help you calm down.

- Have a cup of tea or coffee.
- Listen to music.
- Call a friend or spouse.
- Read.
- Meditate.



Feeling stressed out is natural and it will pass. When you are feeling better, go back to your child, hug each other, and start over again.

If your child is old enough, you can simply say, "I got really mad when you wouldn't listen. I'm feeling better now. I love you."

When you raise your child with praise, you will both be happier. But it takes a lot of patience and time!

Connected Kids are Safe, Strong, and Secure

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The American Academy of Pediatrics is an organization of 66,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

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# Toilet Training

Each child learns to use the toilet in his or her own time.

Teaching your child how to use the toilet takes time and patience. Here is information from the American Academy of Pediatrics to help guide you and your child through the process.

## When is a child ready?

Children have no control over bladder or bowel movements before age 12 months. Many children start to show signs of being ready between 18 and 24 months of age. Some children may not be ready until 36 months or older. Remember that it's normal for time frames to vary.

Most children can control their bowels and daytime urine by 3 to 4 years of age. Your child is able to stay dry during the day before being able to be dry at night. Most children are able to stay dry at night between 5 and 7 years of age.

## Is your child ready?

Here are signs that your child may be ready.

- Your child is dry at least 2 hours at a time during the day or is dry after naps.
- You can tell when your child is about to urinate or have a bowel movement.
- Your child can follow simple instructions.
- Your child can walk to and from the bathroom and help undress.
- Your child does not like wet diapers and wants to be changed.
- Your child asks to use the toilet or potty chair.
- Your child asks to wear "big-kid" underwear.

If your child has issues with constipation, talk with your child's doctor.

## Toilet Training Tips

- 1. Decide which words to use.** Choose the words your family will use to describe body parts, urine, and bowel movements. Don't use the words *dirty*, *naughty*, or *stinky*.
- 2. Pick a potty chair.** A child's feet should be able to reach the floor. Books or toys for "potty time" may help make this time more fun.
- 3. Be a role model.** Let your child see you use the toilet and wash your hands afterward.
- 4. Know the signs.** Your child may grunt or make other noises, or squat, or stop playing for a moment. When pushing, his face may turn red. Explain briefly to your child that these signs mean a bowel movement is about to come. If your child waits to tell you about a wet diaper, praise him for telling you. Suggest that "next time" he let you know in advance. It may take longer for a child to notice the need to urinate than the need to move bowels.
- 5. Make trips to the potty a routine.** Take your child to the potty when you see him showing signs of readiness. Go at

other times, too, such as first thing in the morning. Boys can urinate sitting down first and can stand up to urinate when they are better at it.

Early on, many children have bowel movements or urinate right after getting off the toilet. If this happens a lot, it may mean your child is not really ready for training. Learning how to relax the muscles that control the bowel and bladder takes time.

- 6. Teach your child proper hygiene habits.** Show your child how to wipe carefully. Girls should spread their legs apart when wiping. They should wipe thoroughly from front to back to prevent bringing germs from the rectum to the vagina or bladder. Make sure both boys and girls learn to wash their hands well after urinating or after a bowel movement.
- 7. Praise your child.** Encourage your child with a lot of hugs and praise when success occurs. When a mistake happens, treat it lightly. Punishment and scolding will often make children feel bad and may make toilet training take longer.
- 8. Wait to try training pants.** Keep using diapers until your child is able to remain dry during the day for 2 weeks. However, be prepared for "accidents." It may take weeks, even months, before toilet training is completed. Continue to have your child sit on the potty once during the day. If your child uses the potty, praise her. If not, it is still good practice. Some children who are not ready for cloth training pants will still feel that they are more "grown up" if they wear disposable training pants.

Some children will want to go back to diapers, especially for bowel movements. Do not look at this setback as a failure. Instead, praise your child for knowing when she needs to go.

- 9. Avoid a power struggle.** Children at toilet training ages are becoming aware of their individuality. They look for ways to test their limits. Some children may do this by holding back bowel movements. Try to stay calm about toilet training. Remember that no one can control when and where a child urinates or has a bowel movement except the child.
- 10. Understand their fear.** Some children believe that their bowel movements and urine are part of their bodies. They may be scared of the toilet flushing parts of them away. Some also fear they will be sucked into the toilet if it is flushed while they are sitting on it. To give your child a feeling of control, let him flush the toilet.
- 11. Watch for a desire to move up.** Most of the time, your child will let you know when she is ready to move from the potty chair to the "big toilet." Provide a stool to brace her feet.

## When Toilet Training Should Be Put on Hold

Major changes in the home may make toilet training more difficult. Sometimes it is a good idea to delay toilet training if

- Your family has just moved or will move in the near future.
- You are expecting a baby or have recently had a new baby.
- There is a major illness, a recent death, or some other family crisis.



## Remember

If any concern comes up before, during, or after toilet training, talk with your child's doctor or pediatric health care professional. Often the problem is minor and can be resolved quickly. Sometimes physical or emotional causes will require treatment. Getting professional help can make the process easier.

## From Your Doctor



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