



Well Visit Guide

24 Months



Nutrition

- Appetites often vary greatly at this age.
- Some days toddlers eat a lot, some days very little.
- Continue offering balanced meals and snacks.
- Keep pressure low and routines steady.
- Think nutrition over a week, not one meal.

Helpful Approach

- Offer 3 meals and 2 to 3 snacks daily.
- Continue variety and repeated exposure.
- Keep juice limited.
- Water and milk are great primary drinks.



Behavior & Boundaries

Two year olds are learning independence.

Helpful strategies:

- Stay calm and consistent
- Use simple limits
- Offer choices when possible
- Praise positive behavior
- Keep expectations age-appropriate

Connection matters most.



Sleep & Routine

- Most children still nap daily.
- Some begin resisting naps or bedtime.
- Consistent routines are very helpful.
- Quiet time can be helpful even without sleep.
- Night waking may still occur.

Crib To Bed Transition

- Some children transition now, others later.
- Transition when climbing out becomes a safety issue.



Development & Preschool

Many children may begin to:

- Use short phrases
- Follow 2-step directions
- Run and climb confidently
- Begin pretend play
- Name familiar objects
- Show strong opinions
- Play beside or with others

Some children begin preschool around this age. Readiness depends on family needs and temperament. Milestones happen on a range of timelines.



24 Months



Play & Learning

**Play builds language and confidence.
Try these fun activities:**

- Helping with easy tasks
- Blocks & puzzles
- Naming colors & objects
- Reading books
- Outdoor movement
- Pretend play
- Music & dancing

**We recommend very limited screen time.
Prioritize play, reading, movement and connection.**



Toilet Learning

• Many children begin showing readiness now; readiness matters more than age.

• Keep it gentle and pressure-free.

Signs of readiness may include:

- Interest in the potty
- Staying dry longer
- Awareness of diapers
- Expressing needs



Teeth & Oral Care

- Brush twice daily with fluoride toothpaste.
- Continue regular dental care.



Safety

- Watch for cars closely
- Lock cabinets
- Anchor furniture
- Supervise water use
- Keep hazards out of reach



Vaccines & Screenings

**Recommended vaccines or screening tools
may be discussed today, based on schedule.
We are happy to answer questions.**



Upcoming 30 Month Visit

We often discuss:

- Preschool readiness
- Sleep & naps
- Continued milestones
- Language growth
- Toilet learning progress



When To Call Us

- Major feeding difficulties
- Regression in skills
- Anything worrying you
- Significant speech concerns
- Persistent sleep struggles