



24 Month Child Checklist

DEVELOPMENT				
Does your child...?	Yes	No	Some times	Tips for Healthy Growth and Development
Like to run?				<ul style="list-style-type: none"> Let's practice running, climbing and jumping. We can have fun together. I love throwing and picking up balls. Give me toys that let me push or pedal with my feet. I'm just beginning to learn to share by being around other children. I'm learning independence. Give me chances to do things by myself. I still need lots of cuddles and comfort when I'm upset. 
Squat to play or pick up toys?				
Like to watch and play near other children?				
Feed themselves?				
Say "no" and like to do things without help?				
NUTRITION				
Does your child...?	Yes	No	Some times	Tips for Healthy Growth and Development
Drink breast milk, cow's milk or enriched soy drink?				<ul style="list-style-type: none"> Breast milk even in small amounts protects me from infections and illness. If I drink cow's milk, you can switch me to lower fat milk. Limit to 500-750 mL a day. I need 600 IU of vitamin D each day, from food and/or supplement. I learn to eat when you eat with me. You decide what foods to offer. Let me decide how much to eat. Include iron-rich foods like meat, fish, eggs, cereal or beans at every meal. Offer me foods from 3 to 4 food groups from Canada's Food Guide at each meal..
Get enough vitamin D?				
Eat with you?				
Eat food from 3 to 4 of the food groups at each meal?				
VISION & SPEECH & HEARING				
Does your child...?	Yes	No	Some times	Tips for Healthy Growth and Development
Say 2 words together ("me go", "what dat?")				<ul style="list-style-type: none"> Help me say nursery rhymes and sing songs. Follow my lead in play, describe and comment on what interests me. Say new words to me over and over. Talk about where we are going, what we do once we get there and who we see. Help me listen and follow directions by playing games e.g. pick up the ball, touch my nose, jump high, run fast. I should be able to respond even if I don't see you talk. Hearing can be tested at any age. I should see my doctor and have my hearing checked if I have more than 3 ear infections in a 6-month period or if I have any drainage from my ears. Limit my TV, DVD, video and computer time to less than 1 hour a day of total time. If I do watch, stay with me and talk about what is going on. Read stories and talk about colourful picture books with me every day. Take me to get my eyes checked when I am 3 years old. 
Follow simple directions "go to your room and get your shoes."				
Enjoy listening to simple stories with words and phrases that repeat?				
Seem to hear well?				
Have healthy ears?				
See an eye doctor if there is a family history of eye problems?				

HEALTHY SMILES				
Does your child...?	Yes	No	Some times	Tips for Healthy Growth and Development
Have their teeth flossed every day?				<ul style="list-style-type: none"> • Begin flossing early to help me get used to it • Flossing removes cavity causing food from between my teeth • Limit sweet or sticky snacks. • I cannot clean my teeth well. You still need to brush and floss for me. • Toothpaste with fluoride makes my teeth stronger. A toothpaste dab the size of a grain of rice is about right. • Take me to the dentist at least once a year.
Have healthy snacks that do not stick to teeth?				
Have their teeth brushed 2 times each day?				
Use a small amount of fluoride toothpaste with each brushing?				
Visit the dentist?				
BEHAVIOUR				
Does your child...?	Yes	No	Some times	Tips for Healthy Growth and Development
Have any behaviors that you find hard to manage?				<ul style="list-style-type: none"> • Talk to me calmly about my feelings when I am upset & show that you understand. • Give me attention and praise when I am behaving well.
LIFESTYLE				
Does your child...?	Yes	No	Some times	Tips for Healthy Growth and Development
Live with or spend time with anyone who smokes?				<ul style="list-style-type: none"> • Keep me smoke-free. I don't want to get pneumonia, bronchitis, colds, ear infections, sore throats, or worsening asthma.
Live with or spend time with anyone who vapes?				<ul style="list-style-type: none"> • Keep me away from the e-juice. It can smell great like blueberries or bubble gum, but can contain enough nicotine to poison me or my pet. • Prevent burning me. E-cigarettes look cool but they burn hot. • Keep the vapour away from me. It has chemicals that aren't good for me like formaldehyde, heavy metals as well as nicotine which is bad for my brain.
SAFETY				
Is your child...?	Yes	No	Some times	Tips for Healthy Growth and Development
Safe inside and outdoors?				<ul style="list-style-type: none"> • I love playing outside but need you to make sure the play areas are safe. • Keep me in my forward-facing car seat until I am at least 40 pounds. Booster seats are for kids who weight at least 40 pounds and can use an adult lap belt.
Placed securely in a car seat?				

If you have questions or would like more information, contact your Public Health Unit or call 8-1-1 to speak with a nurse, dietitian or pharmacist. Information is also available in your Toddler's First Steps book, or online at www.healthlinkbc.ca/toddlers-first-steps