

Development

At 2 years of age, your child should be able to

- Run well and can jump off the floor with both feet
- Put 2 words together such as "I want" or "go bye-bye"
- Wash and dry his/her hands
- Play with other children

It is important to play with and talk to your child.

- Help your child to count and name things
- Read to your child
- Teach your child your favourite songs, stories and games



Mouth Health

Brush your child's teeth with a soft toothbrush twice a day. Use a small amount of toothpaste and teach your child to spit out the toothpaste after brushing.

Next Clinic Visit

Your child's next clinic visits will be at 2½ years and then at 3 years. These visits are important because your child will be given vitamin A and deworming medicine to help him/her grow bigger and be healthy. Your child's weight and development will also be checked at these visits.

Danger Signs

You should return to the clinic **immediately** if your child has any of these problems:

- Refuses to eat
- Unable to breathe well or fast breathing
- Is vomiting everything he/she eats
- Diarrhoea with sunken eyes
- Diarrhoea with blood
- Lethargic or unconscious
- Convulsions/fits
- If anyone in close contact with your child has TB



Disclaimer:

The creation of this material was made possible by the support of the American People through the U.S. Agency for International Development (USAID) under the Cooperative Agreement No. AID-674-A-12-00016. The contents are the responsibility of BroadReach Healthcare and do not necessarily reflect the views of USAID or the United States Government. Visit www.brhc.com for more information.



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Caring for your Child

2 Years



Vitamin A and Deworming

At the 2 year visit your child will receive vitamin A drops and medicine for worms. All children need vitamin A and medicine for worms every 6 months until age 5. Vitamin A will help your child to grow and stay healthy and will protect against diseases like measles and diarrhoea.



Photo courtesy USAID

About Deworming

There are many types of worms that may harm your child if he/she does not take deworming medicine regularly. Worms can prevent your child from growing and gaining weight. If left untreated, the worms will grow in your child's body and may cause severe illness. There are many ways your child may get worms – from eating under-cooked meat, or playing in the sand.



HIV Status of Mother and Child

If child is HIV-positive:

- Your child needs antiretroviral treatment (ART) to prevent him/her from getting sick
- Make sure that your child attends the ART clinic every month for a check-up and to collect medication



Photo courtesy Siphive Sibeko/Reuters

If child's mother is HIV-positive and child tested HIV-negative at 6 weeks:

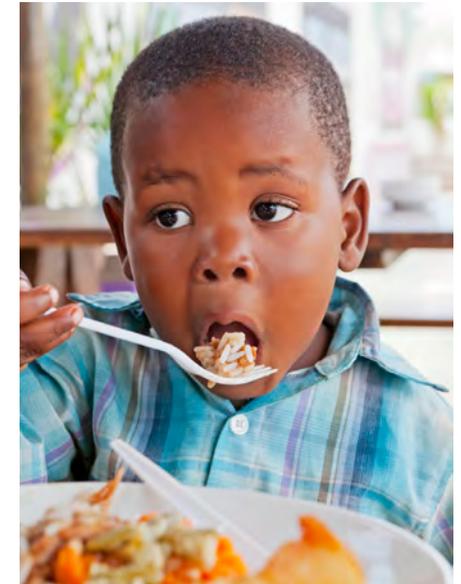
- If your child did not have an HIV test at 18 months, he/she will need to be tested at this visit
- If your child tests HIV-positive, he/she will need to start ART as soon as possible (within 2 weeks)
- If your child tests negative and it has been more than 6 weeks since you have breastfed, your child does not have HIV. You do not need to retest your child for HIV unless he/she becomes ill



Feeding

Children at this age need 3 meals a day with small snacks in between. You should

- Make sure your child drinks at least 2 cups of full cream cow's milk every day
- If you are HIV-negative, you can continue to breastfeed
- Feed your child lots of vegetables and fruit, and foods rich in iron (meat, dark leafy greens, egg yolk, beans)
- Give your child lots of clean water
- Limit the amount of sweets you give your child



Your child should be gaining weight every month. Ask the nurse at the clinic to show you how your child is growing on the growth chart in your child's Road to Health Booklet. If your child is not gaining weight every month, speak to your nurse.