

Preventive Care at 2 Years of Age

Autism Screening



All children should have a test done for autism at the ages of 1 ½ and 2 years. This test is known as the Modified Checklist for Autism in Toddlers (M-CHAT). It has questions about your child's communication, social, and behavioral skills. This test helps your child's care team screen your child for autism. It also helps your child get treatment services early if needed. Your child can have this test done at their regular well-child visits.

Lead Screening



All children with Medi-Cal should have a test done for lead at the ages of 1 and 2 years. Lead is a metal. It is very harmful, especially for young children. Even a small amount of lead in the blood is not safe. It can affect their brains and nervous systems while they are still growing. It can cause problems with learning, behavior, and how they develop. Protect your child's health and well-being by getting a blood lead test!

Anemia Screening



All children should have a blood test done for anemia at the ages of 1 and 2 years. Anemia is common in young children. A child who is anemic does not have enough red blood cells or hemoglobin to carry oxygen to other cells in the body. At this age, it is most likely because there is not enough iron in a child's diet. There are often no symptoms. Low iron in the blood can harm your child's development. Talk to your child's primary care provider (PCP) about their iron needs.

Fluoride Varnish Treatment



Your child should get a fluoride treatment 2 to 3 times a year. One important thing you can do for your child's teeth is to ask the dentist about topical fluoride varnish. It's a special treatment that helps strengthen their teeth and prevent cavities. It's quick, painless, and can make a big difference in their oral health. It's not just about having a nice smile. It's about preventing problems like cavities and gum disease.

Advice Nurse

For questions about a preventive test, call our Advice Nurse at **1-877-661-6230, Option 1** (TTY 711). This is a toll-free number available 24 hours a day, 7 days a week, including holidays.

Start Early on Making Healthy Choices

Healthy Feeding

Feeding your toddler at the age of 2 can be difficult. There are a lot of changes at this time. This may include a lower appetite. Here are some tips to help manage mealtime so that your child eats well.

Make mealtime easy for your toddler:

- Make mealtimes pleasant.
- Turn off electronics during mealtime.
- Cut food into bite-size pieces.
- Make food soft and moist.
- Serve food near room temperature.
- Use a child-size spoon and fork.
- Use small portions for meals and snacks.
- Look for signs of being full. This can look like pushing or turning away, closing the mouth, or making sounds.
- Give water or milk instead of drinks with added sugars.

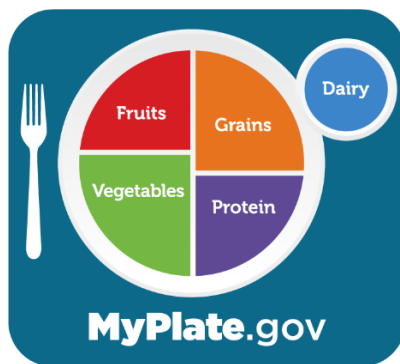


Prevent your toddler from choking:

- Avoid foods that are hard to chew or swallow like chips, gum, and raw carrots.
- Slowly add foods that are more difficult to chew.
- Watch your child during mealtime.

Nutrition Tips

Help your child eat healthy with good food and drink habits. Check out some healthy options below. Talk to your child's PCP about their diet and nutrition needs.



- **Fruits** that are fresh, canned, frozen, or dried. They may be whole, cut up, or pureed. *About 1 to 1½ cups daily.*
- **Vegetables** of different colors like dark green, red, and orange. Starchy vegetables include peas and corn. *About 1 to 1½ cups daily.*
- **Grains** that are made from wheat, rice, oats, cornmeal, and cereal. Include mostly whole grains. *About 3 to 5 total ounces daily.*
- **Protein** that is lean or low-fat. Good protein sources are beans, lentils, nuts, seeds, peanut butter, tofu, and fish. *About 2 to 4 total ounces daily.*
- **Dairy** that is from milk, soy milk, yogurt, and natural cheese. Good dairy sources are high in calcium, fat-free, or low-fat. *About 2 to 2½ cups daily.*

Good Habits and Regular Check-ups

Toilet Training

At the age of 2, your child may show signs that they are ready to begin toilet training. Talk with your child about following simple steps to use the toilet or their potty chair. Give words of encouragement for trying or praise for a job well done.

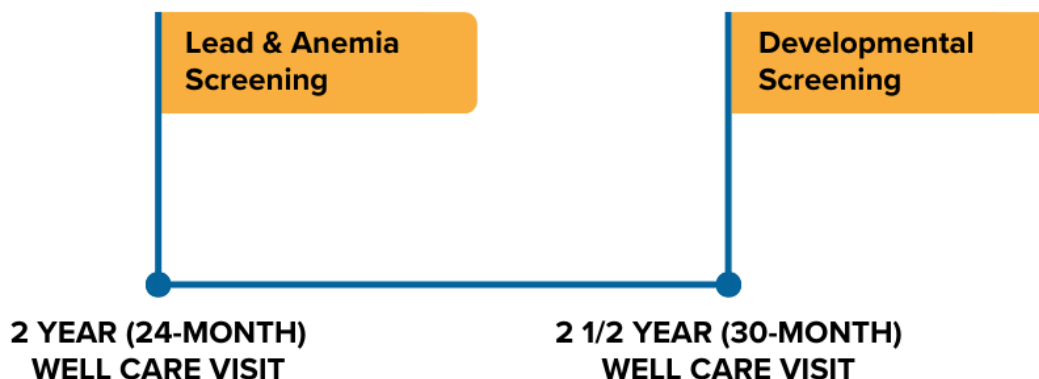
Sleep Habits

Getting the right amount of sleep is important to your child's health and emotional well-being. The amount of sleep your child needs changes by age. At the age of 2, make sure your child gets 11 to 14 hours of sleep each day. This includes naps.

Well Child Visits and Vaccines at 2 Years of Age

Regular well child visits help maintain good health. This is a great way to talk to your child's PCP about healthy development and other important information. It is also a time for your child to stay up-to-date or catch up on important vaccines. The goal is to keep your child healthy!

If you need transportation to a well-child visit, call Transportation Help at 1-855-222-1218.



Child Health and Safety Resources

Denti-Cal



Regular dental check-ups are key to keeping your child's teeth healthy and strong. This dental program can help your child get the dental care they need. It covers a lot of dental services, including check-ups, cleanings, and treatments. Go to smilecalifornia.org, use the QR code, or call 1-800-322-6384 for dentists or more information.

Women, Infants, & Children (WIC)



This program offers food assistance and resources about creating healthy habits to help protect your child's development. To apply today, submit an online form at cchealth.org/services-and-programs/support-for-families/wic or use the QR code.

Health Education



Contra Costa Health has resources to help you learn more about ways to protect your child's health. Get access to a health library, a resource guide, tools and videos, health tips, and classes. Visit healthed.cchealth.org or use the QR code.

Behavioral Health Virtual Services



Online behavioral (mental) health platforms are available to you and your family at no cost. BrightLife Kids is made for parents or caregivers and kids from birth to age 12. You can find it online at hellobrightline.com. You can also get it in the Apple App Store and Google Play.

Home Safety

Keep your child safe from touching, breathing in, or swallowing things that may be harmful to their body. Limit injuries from happening in and around your home by:

- Locking up household cleaners, medicines, and other chemicals
- Safely tossing old or unused medicines
- Keeping sharps objects in a safe place
- Watching for objects with small batteries during play
- Watching your child near or around water, like bathtubs and pools

Call **California Poison Control** at **1-800-222-1222** toll-free for help from poison experts.