

2 1/2 Year Old Visit



NUTRITION

Your child should be eating 2-3 meals per day and 1-2 snacks per day, but please do not substitute a meal with a snack. It is normal to have a decreased appetite and meal skipping at this age. Offer healthy selections of food at each meal and avoid filling your child up with sweets or cookies. We recommend changing to a low fat milk (2%, 1% or preferably fat free). The calcium in 16-20 oz of milk is adequate for the day. A multivitamin will provide the 400 IU of vitamin D that is needed. City water (tap) is fortified with the fluoride your child needs.

Avoid foods that can be swallowed whole and block the windpipe such as hot dogs, nuts, hard candies, gum, grapes, raw carrots and spoonfuls of peanut butter.

SAFETY

- Keep your toddler in a forward-facing car seat with a harness until he or she reaches the maximum weight or height for the seat.
- Accidents are the leading cause of injury and death to children at this age. Supervise your child closely at all times, especially when near water, traffic and when in public places.
- Pool fences should be 4' high and have self-closing latches. Remember to use sunscreen with SPF \geq 30 and insect repellent with Deet 10-24%.
- **Poison Control Hotline: 1-800-222-1222.**
- **To access the most up to date Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources and search for TIPP-The Injury Prevention Program.**

TOILET TRAINING

Toilet training may be started when your child has dry periods of about 2 hours, knows the difference between wet and dry diapers, can pull his/her pants up and down, and can signal when he/she is about to have a bowel movement. These signs of readiness should be developing, as the average age for success is approximately 27-30 months. Night time training usually develops at an older age, when the child can wake up and get to the bathroom on his/her own.

IMMUNIZATIONS

We recommend yearly flu vaccines with the injectable flu vaccine or intranasal flu vaccine. If your child did not receive one today because we are not in the flu season, call us around late September/early October to check on our supply of the vaccine. If we have the vaccine available, please come in to be immunized. **Please refer to our website to access the most up to date Vaccine Information Sheets from the CDC.**

TEETH

Brush twice daily with pea-sized amount of fluoridated paste.

NAME: _____

DATE: _____

MEASUREMENTS:

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

Head circ.: _____ cm (_____ %)

DEVELOPMENT

At this age you may notice your child:

- Climbs up and down stairs
- Jumps, kicks, and runs well
- Is starting to put 3-5 words in phrases
- Can copy an "X" or "+"
- Is starting to recognize colors and shapes

PROMOTING DEVELOPMENT

- While most play is still parallel, offer play time with other children to promote development of cooperative play.
- Continue to teach colors, shapes and counting.
- Provide outdoor play with balls and climbing. Consider introducing pedaling.
- Provide crayons, puzzles, shape sorters and pretend play objects for their fine motor and creative skills.

DISCIPLINE

- Praise and reward good behaviors
- Pick a few important rules at a time and consistently use discipline when they are broken. Time out should be 2-3 minutes.

FOCUS ON FAMILY

- Family dinners help promote healthy eating, manners and relationships.
- Good bedtime routines keep the child's sleep hygiene healthy and foster healthy adult relationships.
- Date nights and parent time alone will foster security in the child's perception of his world.

Next visit at 3 years old