

## 2 YEARS

The complete details of today's visit are on our web site at [pcpmds.com](http://pcpmds.com). If you do not know how to access your child's records please ask our staff on the way out and they will gladly help you. Remember to confirm future appointments you must click on the link you receive in the text message.

**MEDICAL TESTING DONE:** hemoglobin, lead screen, autism screening

**VACCINES: FLU OTHER:** \_\_\_\_\_

- If vaccines are given, Vaccine Information Sheets (VIS) are available for review on our web site at [pcpmds.com](http://pcpmds.com) under "forms and handouts." There is one VIS statement for each vaccine given and some are available in both Spanish and Creole. They have also been sent to your own personal portal account. Laminated copies are available for your review in the office.
- **acetaminophen** 160/5ml ( ) ml every 4 hours as needed or **ibuprofen** 100mg/5ml ( ) ml every 6 hours for fever > 101 degrees

### NUTRITIONAL/ EXERCISE COUNSELING:

**WT:** \_\_\_\_\_% **HT:** \_\_\_\_\_% **BMI:** \_\_\_\_\_% **FLUORIDE DONE:** yes no

**BMI over 85%= overweight over 95% = obesity WT to lose**\_\_\_\_\_

1. Teach your child healthy eating habits now to avoid health problems in the future – see our web site
2. Your child needs **32 oz. of low fat or preferably skim milk** per day. This may be replaced with cheese: 1 slice = 4 oz. of milk. Also almond milk, soymilk, and yogurt can replace milk oz. for oz.
3. Encourage your child to drink water. **AVOID all juices even 100% juices** and avoid all sodas and juice drinks. Sports drinks are only to be consumed during sports or to treat vomiting and diarrhea.
4. **Family dinners at the table** 5/7 nights promotes healthy weight. No media, (T.V., computers) while eating.
5. **Foods must be cut into pieces** smaller than your baby's pinky fingernail. All foods must be fed with the caregiver in attendance! Do not feed your baby raw carrots, whole grapes, hot dogs, pretzel nuggets, or nuts.
6. Your child may show some **food fussiness**. This is a time of decreasing food requirements. Do not be alarmed!! Avoid food battles. Do not over emphasize eating and do not permit your child to eat a little bit all through the day. Rather, have your child eat regular meals at the table, with a **single small healthy snack between meals**. A rule of thumb to follow when feeding toddlers is **1 tablespoon of each food group per year of age per meal. Limit sweets**, encouraging whole grains, fruits, and vegetables. **Do not overfeed!**

**DENTAL:** Until your child is 6 years old, a parent must brush his/her teeth twice daily.

**SAFETY:** Remember, an accident is the greatest threat to your child's life. Teach them what to do!

**Firearms:** If you must keep a gun, keep it unloaded and in a locked place separate from the ammunition.

**Burns:** Test the batteries in your smoke alarm. The water temperature in your home should be no more than 120 degrees. All pots on the stove should have handles facing inward, and out of reach of children.

**Sun protection:** Make sure to use SPF 30 or more when your child is outdoors.

**Drowning:** Never leave your child alone around any water, even for a moment.

**Poisoning:** Make sure the poison control phone number, 800-222-1222, is in all cell phones of ALL caregivers. Use safety latches. Lock up all substances with warning, caution, or poison labels on them.

**Car:** Car crashes are the greatest danger to your child's life. Children should only ride in the rear seat of the car and only in an approved car seat until 4'9 inches tall and/ or 13 years of age!

**Street:** Until a child is 10 years old they cannot determine the speed of an approaching car. If they are playing in the street, an adult must be with them at all times. In a parking lot, hold their hand.

**Animals:** Teach them never to approach any animal they do not know personally.

**SOCIAL:** Encourage and nourish **all the relationships** in your child's home. This builds a strong family.

**Read** to your child and **limit TV!!** It is better to play and read with your child!!!! T.V. promotes obesity, decreases school performance and promotes childhood fears and anxiety. This includes educational T.V.!

**Discipline** your child using a firm voice and time outs. Pick your battles. **Do not** start the battle unless you **will** win the war. Notice and **praise** your child's good behavior.

**YOUR CHILD'S NEXT APPOINTMENT IS AT 30 MONTHS OF AGE.**