

## 30 MONTH

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:** NONE

**VACCINES:** NONE FLU FLUMIST 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.
- Note: All vaccines may cause tenderness and irritation at the injection site that should last no more than 48 hours. A lump may form at the injection site that may last for a few months. Acetaminophen and ibuprofen may be used if absolutely needed, since their use may decrease the effectiveness of the vaccine. Please call us for fever or tenderness lasting more than 48 hours or for a fever greater than 102.5 degrees.
- These mild reactions may be treated with either:
- **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, calcium fortified 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. Watch your child's portions -a child should not be eating adult portions. **Family dinners at the table**, 5/7 nights promotes healthy weight. **Only 1 snack per day**. No media, (T.V., computers) while eating.
5. Children should have **60 minutes of exercise** per day, encourage family exercise as a way to do things together and teach healthy habits. Be a healthy role model.

**DENTAL:** Twice daily brushing and fluoride treatments at your pediatric dentist or in our office.

**SAFETY:** Remember, an accident is the greatest threat to your child's life.

**Firearms:** If you must keep a gun, keep it unloaded and in a locked place separate from the ammunition. Teach your child what to do if he or she sees a gun.

**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 around any water, even for a moment. Even if the child can swim, pools should be fenced on all sides. Teach your child to swim.

**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!

**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 WELL VISIT IS AT 3 YEARS OF AGE.**