

30 MONTH WELL CHILD VISIT Name: _____ Date: _____

WT: _____, _____% HT: _____, _____%

DIET:

- At 2 years your child should drink 32 oz. of milk each day. You may give low/ skim fat milk now.
- Encourage your child to drink water, limiting if not avoiding juices all together. The bottle should be stopped.
- Foods must be cut into small pieces. All food must be fed with the caregiver in attendance. **Do not** feed your child raw carrots, whole grapes, hot-dogs, or pretzel nuggets!!
- 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!

VACCINES: review only Tylenol Dose: ___ml. every 4 hours Motrin/Advil dose: _____ml. every 6 hours.

GENERAL MEDICAL CARE:

- **Dental:** Until your child is 6 years old, a parent must brush his or her teeth twice daily. You may use a “dab” of fluoride toothpaste.
- Prompt diaper changes may encourage **toilet training**. Your child may be ready for toilet training at this time.

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.

Falls: the first time your child climbs out of the crib is the last time your child climbs out of the crib. **Take it down!!!** Use gates on stairways and doors. Watch for chairs that can be used for climbing up on counters, tables, etc. Be sure the surface under play equipment is soft to absorb falls.

Burns: test the batteries in your smoke alarm. The water temperature in your home should be about 120 degrees. Also, be careful with pots on the stove and make sure to turn handles so that your child cannot reach them.

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. This includes pails of water, toilets, and pools. Pools should be fenced on all sides.

Poisoning: Post the poison control number (800-222-1222) on all home phones and add this number to your contact list in your cell phone. 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.

SOCIAL: the greatest gift you can give your baby is happy parent(s). Take time off from your child, and encourage and nourish all the relationships in your child’s home, including siblings.

Read to your child!

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 2-minute time outs and a firm voice. Notice and **praise** your child’s good behavior.

FOLLOW-UP Your child’s next well child visit is at **3 YEARS OF AGE**

PLEASE DO THE BF 3 YEAR SURVEY ON OUR WEB SITE BEFORE THE NEXT VISIT

DATE _____ TIME _____ MD _____ REASON _____

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