

Partners in Pediatrics



Naturally Healthy Kids Since 1977

WELL-CHILD CARE

AGE: 30 MONTHS

GROWTH:

Weight: lb. oz. (%)

Height: inches (%)

Body Mass Index = % (Goal=10-85%)

IMMUNIZATIONS:

- | | | |
|-----------------------------------|---|--|
| <input type="checkbox"/> Pentacel | <input type="checkbox"/> Hepatitis A | <input type="checkbox"/> Influenza (today, Fall) |
| <input type="checkbox"/> Dtap | <input type="checkbox"/> Hemophilus B | <input type="checkbox"/> IPV (Injectable Polio) |
| <input type="checkbox"/> Covid | <input type="checkbox"/> Hepatitis B | <input type="checkbox"/> VariVax |
| <input type="checkbox"/> _____ | <input type="checkbox"/> Measles, Mumps, Rubella | <input type="checkbox"/> Pneumococcal |
| | <input type="checkbox"/> Meningococcal (in some groups) | |

SCREENINGS:

Development:

Vision:

GENERAL PARENTING ISSUES:

One of the most important pieces of wisdom we can pass along at this age is that being a good "role model" can make parenting so much sweeter! Children at this age observe and take in everything we parents do - our eating habits, our joy and positivity, how we handle frustration, shows & music we choose, and how we treat others. This is an exciting time and important opportunity for you to instill habits your child will need to attain a healthy lifestyle.

1. NUTRITION

Periods of "picky eating" can be normal for a 2 ½ year old, but with good modeling by parents, research shows that most children eventually eat those "veggies" with you. Sit down together to eat meals. When a child is able to "help" put veggies on plates or select vegetables at the grocery store, they will feel more engaged and curious about these foods. While we would love to see kids get at least two servings of both vegetables and fruits each day, not every day may meet that mark. It's best to look at a 4 to 5 day time frame to see if your child is getting a reasonable balance of healthy food groups.

Children may not have big appetites yet, so they tend to do better spreading out their intake to include a couple of healthy snacks between meals. Encourage them to drink water instead of juice, but if juice is offered, limit to less than 4 oz./day. Avoid soft drinks. Do offer milk or 3 servings of other calcium enriched food each day. If your child is consistently picky, you may consider adding a chewable multivitamin WITHOUT iron (unless we have advised otherwise). Vitamin D, important for immunity and bone growth, is usually obtained in milk products and with sun exposure. If not, you could add 400 IU/day of Vit D.

2. SLEEP

By this age a small number of children might have given up the nap, while others still benefit from one until around age 4. We still strongly recommend at least a 30-60 minute "quiet time" for your child. It's important for kids to become accustomed to a "mental rest break" during a day. Most 30 month olds may still sleep in a crib but if your child is showing interest in climbing out or is toilet training, it may be a good opportunity to transition to a toddler bed.

Let the favorite stuffed animals accompany the child to the toddler bed for nap/rest and story time first, then make the transition to the bed. Be sure your child's room and your home are well child-proofed once your child is no longer in a crib.

3. TOILET LEARNING

By this time, your child may begin to have the sensation of needing to go to the bathroom before it happens, the verbal skills to communicate this, the physical skills to disrobe, and hopefully the DESIRE to attain this new skill. Without the desire, toilet training can deteriorate into a power struggle between parent and child – and like it or not, they have the ultimate control here. Please refer to the PIP 18 month WC sheet for tips. At this age it also helps to refer to “listening to your body” as an exciting “new” skill. Motivation can come from phrases like, “Someday when your body is ready, you’ll be able to (insert something ‘grown up’ and fun like a walk w/parent after work to a park, etc) when you are able to wear the big kid pants and we no longer have to bring the diaper bag!” Instead of asking, “Do you need to go to the potty?”(to which many say “NO!”), it may help to say with interest, “Oh, I think your body may be talking to you!”(when you see them squirm, pass gas, etc.) “WHICH potty do you want to use?” or “Do you want me to come along and read a book or do you want to go by yourself?”(both offered choices that would be acceptable choices). If the child declines, walk away and do not further engage, as some kids like to test the drama. Also, as potty training is progressing, make diaper change time less engaging -some kids don't want to give up that attention. It's usually best to wait a few weeks after settling in from a big event(new baby, etc) before focusing on toilet training. Keep calm, consistent and positive. For more help, call us for further guidance.

4. SCREEN TIME

Screen time can be one of the most potent dangers confronting children in these times. Excessive or inappropriate viewing carries the risk of stifling a child's development, shortening attention spans, increasing aggressive or violent behavior. It replaces other more valuable learning opportunities with adults. Messages on television, games, and internet sites now market to children at an early age. Be sure if you choose to share viewership, that it is something you watch together and know will promote values, morals and conduct you are striving to teach your child. Try to limit screen time to 30 min/day or less.

5. PRESCHOOLS

For many children who are primarily at home, there is no strong reason to start a preschool. You may want to start a small play group made up of friends or neighbors who share your parenting styles and values. For working parents, many find that a credentialed, center-based preschool/daycare can work very well for their family. Look



for small class size, strict sick care policies, rich play environment, scheduled snack/rest/instruction/play time.

6. DEVELOPMENT

Books are integral in our children's development. Read to your child EVERY day and have books near play areas and the bed/nap area for children to explore on their own. Checking out books at your library can be an inexpensive option. Kids this age love to run, jump, dance, climb, kick and throw balls. Try a scooter or strider bike. Spend time outside exploring nature, bugs, flowers, vegetables. Get plenty of exercise together. Children are now very interested in other kids, so short play dates can be fun. Talk about the rules and expectations ahead of time so your child will be prepared to share, communicate, take turns, follow family rules.

7. DISCIPLINE

Children this age are more purposeful and are trying out more independence. Encourage this play, but while maintaining safety. Offering choices, both of which are acceptable to you ("Do you want to wear the red shirt or the purple shirt today?"), will help your child feel they have been offered some "power", while directing them along the path of desired behavior (getting dressed) that you have in mind. They should be using 2-4 word sentences to express themselves. "I don't understand – can you use your words?" will help remind a child who is whining that there are better ways to communicate their needs to you. If a tantrum happens it's OK to ignore the behavior as long as they are in a safe environment, until they calm down and communicate in another manner, even if you are out and about in town. And remember – sometimes a "melt down" can arise when they are hungry, thirsty, over-tired, or simply need your attention. Take note, see if you can redirect the behavior next time by providing more positive attention to the "desired behavior", instead of having the "negative behavior" draw you into the drama (getting

more attention). And sometimes, just ask, "Do you need a hug?" Discipline should be thought of, not as punishment, but as modeling and teaching behaviors that will help our children be able to learn to express themselves, respect others, and share play as they grow.

8. SAFETY

Car seat and sunscreen use, learning to swim, and safety near streets and parking lots are vitally important. So, too, is teaching your child appropriate terminology of genitalia as you dress, bathe and toilet train your child. We will focus more on teaching your child about "body safety" in future WC sheets.

HOMEWORK ASSIGNMENTS:

Take your child to a dentist for children. Early dental visits create great healthy life-long dental habits.

Return in the fall for influenza vaccination.

COMING NEXT:

At the next check up we'll include discussions about sleep, nightmares, naps, and body safety

If your child is up to date, aside from the yearly flu vaccines, there may be no other shots administered until the 4 year WC visit.

Next Well Care at 3 years of age.