

# 24/30 MONTH VISIT

Child's name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

## TODAY'S MEASUREMENTS:

HEIGHT: \_\_\_\_\_ ( \_\_\_\_\_ %ile)

WEIGHT: \_\_\_\_\_ ( \_\_\_\_\_ %ile)

HEAD CIRCUMFERENCE: \_\_\_\_\_ ( \_\_\_\_\_ %ile)



## Your Child's Behavior

Children this age are active and have a lot of energy. This is an important time for you to set consistent limits. Because they are curious and want to learn, your child may test limits and repeat actions many times. This means that you need to be patient and repeat reminders to your child many times.

When your child misbehaves, say why the action is not OK and show her the right thing to do. Explain what will happen - "We can't go to the park because you won't put on your shoes," for example. Be calm and set consistent limits even when your child throws a tantrum. Avoid yelling and spanking.

- Praise your child for behaving well
- It is normal for your child to protest being away from you or meeting new people
- Listen to your child and treat her with respect
- Hug and hold your child often
- Give your child choices between 2 good things in snacks, books, or toys
- Help your child express her feelings and name them
- Help your child play with other children, but do not expect sharing
- Never make fun of your child's fears or allow others to scare your child
- Time outs can be a good tool at this age; no more than 1-2 minutes

## Language Skills

- Talk about and describe pictures in books and the things you see and hear together
- Parent-child play, where the child leads, is the best way to help your toddler learn to talk
- Ask your child to point to things as you read
- Stop a story to let your child make an animal sound or finish a part of the story
- Use correct language; be a good role model for your child
- Talk slowly and remember that it may take a while for your child to respond

## Immunizations

- Hepatitis A  
(Recommended but not required)

## Possible Side Effects

- Fever
- More irritability of fussiness
- Discomfort, redness, or swelling at the site of the shot

Contact your doctor if symptoms are severe or last longer than 48 hours.

## POISON CONTROL

1-800-222-1222

## CHILD SAFETY SEAT INSPECTION

[seatcheck.org](http://seatcheck.org)

## NEXT VISIT

30 months of age

3 years of age

## Your Developing Child

- All children develop at their own rate. At this age, you may notice that your child:
  - Climbs up & down stairs with help
  - Jumps off the floor with both feet
  - Throws overhand
  - Runs with ease
  - Uses a spoon and fork well
  - Washes and dries her hands
  - Helps get dressed
  - Wants to do things by herself

## Nutrition

- By now your child should no longer be using bottles
- Keep offering your child different foods even if she is picky. It can take up to 10-15 tastes of a new food before your child will accept it
- It is normal for your child to eat a lot of small meals and be less hungry
- Let your child feed herself
- Do not give your child small, hard, and round foods that she can choke on, such as nuts, popcorn, or whole grapes
- Give your child 16-24oz of low-fat milk daily

## Sleep

- At this age, most children take one nap per day
- Read with your child every night before bed
- Nightmares or bedtime fears can start at this age, and it is OK to respond quickly and comfort your child. But continue to put your child down while awake and allow her to fall asleep in her own bed

## Dental Care

- Brush your child's teeth twice a day
- Use a pea-sized amount of fluoridated toothpaste
- Take your child to the dentist every 6 months

## Toilet Training

- Signs of being ready for toilet training:
  - Dry for 2 hours
  - Knows if she is wet or dry
  - Can pull pants down and up
  - Wants to learn
  - Can tell you if she is going to have a bowel movement
- Plan for toilet breaks often. Children use the toilet as many as 10 times each day
- Even once your child is trained during the day, she will likely still need diapers or pull-ups for naps or sleeping at night

## Safety

- Children this age need constant attention and guidance. They are explorers and have no sense of fear. This means that they can quickly climb playground equipment, go up stairs, and explore electrical outlets and medicine cabinets
- Use a car seat that is convertible and rear-facing for as long as your child meets the seat's weight and height recommendations, or at least until she is two years old
- Kids can climb onto counters and tables at this age; some will climb out of their crib
- Think about switching your child's crib to a bed
- Cook on the back burners of your stove to reduce risk of burns. If your child does get burned, apply cold water (not ice) right away and call your doctor
- Make sure that all chemicals, medications, cleaners, and other hazardous materials are out of your child's reach
- Put a hat on your child and apply sunscreen with at least SPF 30 when she is outdoors
- Make sure that the smoke and carbon monoxide detectors in your home are working
- If you have guns in your home, keep them unloaded, locked, and stored away from ammunition
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or [ndvh.org](http://ndvh.org)

### ADDITIONAL RESOURCES

- American Academy of Pediatrics, [aap.org](http://aap.org)
- Immunization Information
  - [immunize.org](http://immunize.org)
  - [cdc.gov/vaccines](http://cdc.gov/vaccines)
  - [vaccine.chop.edu](http://vaccine.chop.edu)