



## 2½-YEAR (30 month) VISIT

### NUTRITION

- Lower fat milk (1%-2%) is still okay. Offer 3 servings of dairy for a daily total of 800 mg of calcium.
- Serve a complete variety of table foods with 3-5 servings of fruit and vegetables each day.
- Avoid fast food, high-fat foods, and junk foods.
- Allow experimentation and don't force eating.
- Eat meals as a family and not in front of the TV.
- Avoid foods that cause choking: peanuts, popcorn, carrot sticks, raisins, hard candy, etc.
- Juice is not recommended. If given, dilute with water and limit to 4-6 ounces per day.

### SLEEP

Most 2½ -year-olds require a total of 12 to 14 hours of sleep, which includes a 2–3-hour nap. Establishing a bedtime routine is important in facilitating good sleep both now and in the upcoming years. A special comfort object (like a blanket or stuffed animal) is also quite helpful. Your child should not have a television in his/her room, nor fall asleep in front of the TV. It is normal for toddlers to resist going to sleep, be fearful of the dark and have occasional nightmares.

### SAFETY

- When giving liquid medicine, always use the dropper or syringe that comes with medication. If medication does not come with a dosing device, ask your pharmacist for one that should be used. Never use teaspoons, tablespoons, or other spoons to measure medicine.
- Use a toddler car seat in the back seat facing forward.
- Children should not ride in the front seat.
- Water heater temperature should be at 120°F or lower.
- Check for hazards at your child's level.
- Provide a smoke-free environment at home and in cars.
- Supervise closely, especially around animals, driveways, and streets.
- Brush teeth twice/day, regular dental visits, and fluoride application.
- Plants should be out of reach (some are poisonous).
- Use sunscreen with SPF of 30 liberally. Apply 30 minutes before sun exposure and reapply every 1½ - 2 hours. Protective clothing and hats should be used in addition to sunscreen when outside.
- It's OK to use an insect repellent with up to 30% DEET (apply sparingly).

- Do NOT use combination sunscreen/bug spray, as sunscreen must be applied more often than is safe to use bug spray.
- Watch your child constantly whenever he/she is near water including buckets, play pools, and the toilet.
- An adult should always be within arm's reach when your child is in or near water.
- Check that pools have 4-sided fences with self-closing latches.
- Make sure your home has working smoke and CO<sub>2</sub> (carbon monoxide) detectors.
- Know your poison control number: **800.222.1222**

### Development and Behavior

At 2½, children are building on the skills that they've been learning. Physically, they have more control of their bodies. They can jump on two feet, run, and stop suddenly. They can take off some clothes, open doors and turn pages of a book. The way they play is more advanced as well. They love to pretend and to copy the things they see their family members do. They like routine and order. They may request the same story at bedtime over and over. Their vocabulary may include about 50 words, and they use phrases of two or more words.

As they gain more independence, toddlers may begin to show defiant behavior. Give your child attention and praise when she/he follows instructions and shows positive behavior, and limit attention for defiant behavior like tantrums. Teach your child acceptable ways to show that she/he is upset.

Remember that "discipline" at this age is more about teaching positive behaviors than about punishing negative ones. Being proactive with structure and discipline now will make it easier to face challenging behaviors as your child grows.

- Listen to and treat your child with respect. Expect others to do as well.
- Play with your child each day, joining in things the child likes to do. Hug your child often.

### Family Routines

- Be active together as a family.
- Visit zoos, museums, and other places that help your child learn.
- Your family should agree on how to best prepare for your growing child. All family members should have the same rules.

## Your Child and TV/Digital Media

- It is better for toddlers to play than watch TV, videos etc. Do other activities with your child such as reading, playing games, and singing.
- Make sure your child is active at home, at child-care, and with sitters.
- Media use (TV, DVDs, computer/mobile apps) should be limited to **1 hour or less of high-quality children's programming**. Parents are encouraged to spend time with their child during media use. This helps the child understand what they are seeing and to apply it to the world around them. **Make sure all media is age-appropriate and not frightening.**
- All media should be avoided during meals and one hour before bedtime.

## Toilet Training

- Signs of being ready for toilet training include:
  - Dry for 2 hours
  - Knows if he/she is wet or dry.
  - Can pull pants down and up.
  - Wants to learn.
  - Can tell you if he/she is going to have a bowel movement.
- Plan for toilet breaks often. Children use the toilet as many as 10 times each day.
- Help your child wash hands after toileting and diaper changes and before meals.
- Take your child to choose underwear when he/she feels ready to do so.
- It is not uncommon to see regression in progress with toilet training. For young children, learning often depends on their development in other areas.
- Causes of toilet training regression may include changes in the child-care routine; mother's pregnancy or the birth of a new sibling; major illness in the child or a family member; a recent death; parents' marital conflict; an upcoming or recent move to a new home; constipation; or a urinary tract infection. Talk with your provider about how to help your child keep moving forward.

### **Next Well Care Visit: 3 Years of Age (Please complete ASQ Developmental Screening prior to visit)**

You may request the 3-Year Ages & Stages Developmental Questionnaire when scheduling your appointment.

**APA Website: [www.advancedpediatricassociates.com](http://www.advancedpediatricassociates.com) | APA Patient Care Line: 303.699.6200**