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30 MONTH VISIT

DEVELOPMENT

1. Your child is now very active and inquisitive. Accident prevention must be a major parental concern.
2. Your child's speech and language development should be progressing. Children at this age should be able to say many single words, use pronouns and are beginning to speak in phrases, although the pronunciation of words may not be very distinct.
3. The importance of reading with your child cannot be overemphasized. Read books together every day. Reading aloud will help your child get ready for pre-school. Consider taking your child to the library and story hours.
4. Your child is becoming more independent and less willing to tolerate restrictions on behavior. This phase of development is often referred to as the "Terrible Twos" as children battle their parents for control. Do not lose that battle.
5. Children are ready for toilet training at this age if they are willing to sit on the toilet or potty chair and can tell you when they have to go to the toilet. Children should be encouraged, but not reprimanded if they do not co-operate. They will toilet train when they are ready.
6. Direct interaction with a caregiver continues to be the best way to promote appropriate development for your child but high quality programming and digital media may be used with your child at this age. Avoid solo use and limit media time to one hour per day.
7. Please complete the M-CHAT (Modified Checklist for Autism in Toddlers) to help us assess your child for autism.

DIET

1. Avoid sweets and other junk foods. Popcorn, peanuts and other nuts are choking hazards and should be avoided. Peanut butter is acceptable if there is no peanut allergy.
2. Your child will develop definite likes and dislikes with regard to foods. There is no single food that your child requires for good health. A balanced diet should be offered to your child.
3. A marked decrease in appetite is normal at this age and should not be a source of parental concern. Your child will eat what is needed if given the opportunity to eat a balanced diet.
4. Continue vitamin and/or fluoride supplements if prescribed.

SAFETY

1. Accident prevention is critical at this age. Never leave your child alone in the house, car or yard.
2. Use an approved car seat, toddler size, placed in the back seat facing forward.
3. Do not leave your child unattended in bathtub. Watch your child constantly whenever he/she is near any water.
4. Keep all medicines, cosmetics, cleaning supplies, plants, and sharp and small objects away from your child. Place matches and lighters in places where children cannot reach them.
5. Protect your home with smoke and carbon monoxide detectors.
6. Cover electrical outlets and do not allow your child to play with electrical cords.
7. Keep basement doors closed. Use window guards on upstairs windows, gates on stairways.
8. Poison Control Center telephone 1-800-222-1222
9. Parental cigarette smoking is associated with serious disease in toddlers including respiratory illnesses, ear infections and an increased risk of Sudden Infant Death Syndrome (SIDS). Cigarette smoke causes cancer. Do not expose your child to this toxin.

10. Use sun block during the appropriate times of the year. Limit time in the sun. Use a hat.
11. Perform a full body tick check each night before bed.
12. Protect against mosquito bites. Use insect repellent sparingly.
13. If there is a gun in your home, store it unloaded and locked with the ammunition locked separately. Ask if there are guns in homes where your child plays. If so, make sure they are stored safely.
14. Make sure that bureaus, dressers, TV and any other items that could tip over are secured.

DISCIPLINE

1. Children react to frustration by crying and throwing temper tantrums. The tantrums will become more frequent if parents respond by giving in to this behavior. The best way to handle tantrums is to ignore them. Behavior that is not reinforced will stop.
2. Set consistent, reasonable limits.
3. Both parents must agree on the method of discipline.
4. Reward desired behavior. Do NOT reward undesired behavior.
5. Spanking and hand slapping are usually ineffective. Removing and distracting the child is usually more effective.
6. Self-image image is important. Children like to please; they should not be referred to as bad, since they will be given a reputation to live up to. You may disapprove of what your child does, but never disapprove of your child.
7. Be reasonable, be consistent, and be patient. Children learn by repetition.

SLEEP

1. Sleep disturbances, including nightmares, are common at this age. Children should not be allowed to get up to play after they are put to bed. Do NOT place a TV in your child's bedroom.
2. Establishment of a definite bedtime routine such as a bath followed by a bedtime story will help your child settle down to go to sleep.
3. Do not allow your child to get up and play at night or to come into bed with you.
4. The duration and timing of naps is variable at this age. You will recognize when your child is tired. Use a crib for sleeping, playpens for playing.
5. The American Academy of Pediatrics recommends 11-14 hours of sleep, including naps, per day at this age.

PROCEDURES

1. The American Academy of Pediatrics recommends that fluoride varnish be applied every 3-6 months to the teeth of infants and children between the ages of 6 months and 5 years. Please discuss this recommendation with your physician.

IMMUNIZATIONS

1. Please notify the physician if your toddler has had a reaction to any previous immunizations.
2. Today, your toddler will receive:
 - A. Influenza vaccine, if available.
3. Acetaminophen in appropriate dosage for weight (18-23 lb, 3.75ml; 24-35 lb, 5ml) may be given as needed for fever, irritability, redness, or soreness at the injection site. Prolonged or severe reactions should be reported to the office.

NEXT VISIT: At 3 years of age.

Parent/Guardian must accompany child to all visits.

Copies of this and all Handouts may be found on our website at www.tri-countypediatrics.com