

30 MONTH CHECK-UP

JOYOUS TIME!

If you think the terrible twos are driving you nuts, hang in there, because it is going to end soon!

NUTRITION

He should be taking only 2% milk. Encourage your child to drink milk and juice from a cup now, if he hasn't already started doing it. Your toddler does not need juice.

Your toddler will get better at using the spoon, with fewer and fewer spills. It is good to let your child help choose what foods to eat. Be sure to give her only healthy foods to choose from.

Toddlers should eat small portions from all food groups: meats, fruits and vegetables, dairy products, and cereals and grains. Try to give her a little bit of what the rest of the family is eating.

Toddlers, at this age will eat 3 meals and 2 to 3 snacks each day.

Do not combine TV viewing with mealtimes. Children will not realize when they are full, and this habit will lead to obesity and other health issues in the future.

DEVELOPMENT

By this age your toddler will be:

- Able to walk without support and climb and run
- Stack 3 to 4 blocks, kick and throw a ball
- Say at least 10 words and can point to a couple of body parts
- Imitate what you are doing, sweeping, dusting, or washing play dishes can be fun for children.
- Puckers lips and kisses

BEHAVIOR

- At this age, children often say "no" or refuse to do what you want them to do. Be gentle but firm with your child even when the child wants to break a rule.
- If you don't want your child to do something, distract him with something more interesting. Realize that he is only testing your rules, and being consistent, will eventually get you what you want.
- Stick to consistent routines.
- Let your child make some choices, the ones that don't count, like which color spoon to use, and be sure to accept it.



**LATA SHRIDHARAN
MD, FAAP**

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Paste your child's picture here



LATA SHRIDHARAN M.D

Phone: 972.618.3547

Fax: 972.618.3587

2109 W Spring creek Parkway, Suite 200
Plano, Tx-75023

WWW.TXNATURALPEDIATRICS.COM

www.Facebook.com/NaturalPediatrics

- Prepare your child if the routine needs to be changed, like a party on the weekend. Make sure he gets enough rest during the day.
- Warn him a few minutes before you plan to stop a fun activity, like "we have time for one more story and then we are going to bed."
- Be positive, praise more and scold less.

SLEEP

Your toddler needs 10 to 12 hours of uninterrupted sleep at nighttime with 2 or 3 naps during the day.

Some toddlers might start to wake up more at this age due to their new found independence. Do not restart the bottle as he is not hungry.

Set a bedtime routine and try transitional objects to help him learn to self soothe and fall asleep on his own.

Develop a bedtime routine like reading a book, singing a lullaby, turning the lights out, and giving a goodnight kiss. Make the routine the same every night.

TEETHING

Teeth erupt anytime from 6 months to 3 year of age. Babies could have teething issues until 2 years of age. Massage their gums with your clean fingers or use OTC pain gels for relief. It is okay to give Tylenol or acetaminophen once in awhile. If your baby has any other symptoms, let your doctor know.

After meals and before bedtime, clean your toddler's teeth with a clean cloth or very soft toothbrush. You can use a non-fluoridated toothpaste.

SAFETY

Child-proof the home. Pad furniture with sharp corners. Keep sharp and small objects out of reach.

Do not give your toddler foods which might cause choking (such as candy, hot dogs, popcorn, peanuts).

Make sure windows are closed or have screens that cannot be pushed out.

Do not leave the baby alone, except in a crib. The rails should not be more than 2 and 3/8 inches apart.

Never leave an infant or toddler in a bathtub alone, not even for a few seconds!

Be within arm's reach of your baby around any water, including toilets and buckets. Infants can drown in a bucket that has water in it.

Keep all medicines, vitamins, cleaning fluids, and other chemicals locked away. Poison Hotline: 1-800-222-1222

IMMUNIZATION

Your baby may receive vaccines at this visit. He can get a fever with the shots and it is okay to give acetaminophen drops.

Thank you for letting us be a part of your child's life!

"Children are love made visible" – A Saying