

Princeton Nassau Pediatrics, P. A.

www.princetonnassaupediatrics.com

24 Month Well Visit

What your child may be doing now:

- Walking well alone, starting to run
- Going up and down while holding on
- Kicking a ball
- Climbing on and off furniture
- Turns over container to pour out contents
- Builds tower of four blocks or more
- Scribbling
- Recognizes names of familiar people, objects, and body parts
- Uses two- to four-word sentences
- Follows simple instructions
- Increased pretend play

Feeding:

- Offer your child 2 cups milk/day, changing from whole to lower fat milk.
- Feed your child 3 meals daily plus 1 or 2 snacks
- Offer a variety of healthy foods every day from the basic food groups
- Do not make meals a battle, as picky eating is normal at this age, do not focus on amounts eaten
- Avoid foods that can be choking hazards such as nuts, whole grapes, raw carrots, and popcorn
- Give a multivitamin daily. If you do not have fluoride in your water, ask your doctor for a fluoride prescription

Parenting:

- Brush teeth with a soft toothbrush every day.
- Say “no” to your child when necessary, and remove him from the dangerous situation. Avoid yelling or spanking.
- If your child has a tantrum, try to ignore it, or distract her with something else.
- Limit choices to limit tantrum behaviors
- Help children to play with others, do not always expect sharing

- Read books to your child, pointing out and labeling pictures
- Start thinking about potty training if your child is starting to show signs of readiness: being dry for 2 hours, telling when wet or dry, showing interest in the toilet, pulling pants up and down

Safety

- Use a car seat for every ride
- Children should be rear facing until 2 years old AND 30 pounds.
- Drivers can't see small children- make sure children are always holding hands in parking lots and even in a driveway
- Prevent drowning-supervise your child at all times when near water
- Use sun block with SPF of at least 30 whenever you are out.
- Prevent choking- keep small objects and toys out of your child's reach.
- Childproof your home - cover electrical outlets; install latches on cabinets; keep cleaning products out of reach, keep gates at top and bottom of stairs
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns
- Keep the Poison Control Number available: 1-800-Poison-1

When to call the office:

- If your child has vomiting and diarrhea for more than a day, is acting very sluggish or irritable, has trouble breathing, or has a fever over 102°F, or if you have other concerns.
- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

Vaccines/Tests at this visit:

- [Hep A](#)
- [Flu](#) (in season)

- Blood test for lead and anemia
- [PNP Vaccine policy](#)

Your child may have a mild fever or fussiness after his vaccines today. You may use Tylenol or Motrin every 4-6 hrs as needed over the next 2 days.

[Dosing Chart](#)

Web Resources

- [Communication and your child](#)
- [Toilet Teaching](#)

- [Temper tantrums](#)

- [Healthy eating tips](#)

- [Children's Hospital of Philadelphia Vaccine Website](#)