

# Princeton Nassau Pediatrics, P. A.

www.princetonnassaupediatrics.com

## 30 Month Well Visit

### *What your child may be doing now:*

- Using short sentences or 2 to 4 words, expanding vocabulary to 50 to 100 words
- Is understandable about 50% of the time to most people
- Asking “why” questions
- Starting to play alongside other children
- Pulling pants on and off with minimal help
- Kick a ball and throw a ball overhand
- Go up and down stairs while holding on
- Climb well

### *Feeding:*

- Offer your child 16 to 24 ounces of low fat milk daily
- Feed your child 3 meals daily plus 1-2 snacks
- Offer a variety of healthy foods every day
- Do not make meal time a battle, and do not fight over how much is eaten.
- Set good examples with family meal time
- If you do not use fluoridated water, your child may need a fluoride supplement.

### *Parenting:*

- Brush teeth with a soft toothbrush every day. Start using a pea-sized amount of fluoride containing toothpaste
- Use time-outs when necessary for discipline, trying to avoid yelling or spanking.
- Read books to your child and try to take to story times

- Listen carefully to what your child is saying and help to correct vocabulary
- Work on potty training your child. If he or she shows signs of resistance, you may want to take a break from the process for a month or two.

### *Safety*

- Use a car seat for every ride, remember that children must be 2 years old AND 30 pounds
- Drivers can't always see small children so make sure to hold a hand and watch your child very carefully in your driveway and in parking lots.
- Prevent drowning-supervise your child at all times when near water and make sure that home pools have a fence surrounding it
- Use sun block of at least SPF 30 whenever you are out.
- Childproof your home- cover electrical outlets; install latches on cabinets; keep cleaning products out of reach, be careful when cooking
- 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

### *Vaccines at this visit:*

- The AAP and CDC recommend a yearly [Flu shot](#) for all children during flu season (from August through March)

### *When to call the office:*

- Most toddlers get 6-12 colds per year, and several episodes of diarrhea and vomiting. Most of these will resolve without medicines. We do not recommend the use of over-the-counter

cold medicines for children under the age of 6 year. Call our office if your child is acting very sluggish or irritable, or has a fever over 102°F, has trouble breathing, or you have other concerns.

- For routine questions or for advice on specific symptoms, check out the

[Pediatric Advisor](#) section on our website

### *Web Resources*

- [Communication and your child](#)
- [Toilet training basics](#)
- [Learning and exploring](#)