



## Information for the 24 Month Well Visit

Vaccine Needed	Vaccines given at the 24 month visit	Vaccines given at the 30 month visit
Hepatitis A	2nd of 2 total doses	
Influenza	Given every fall if not already received for the current influenza season	Given every fall if not already received for the current influenza season

Category of Milestones	Expected Milestones for 24 months	Future skills expected around 30 months
Social-Emotional	<ul style="list-style-type: none"> <li>- Notices when others are hurt or upset, like pausing or looking sad when someone is crying</li> <li>- Looks at your face to see how to react in a new situation</li> </ul>	<ul style="list-style-type: none"> <li>- Plays next to other children and sometimes plays with them</li> <li>- Shows you what she can do by saying, "Look at me!"</li> <li>- Follows simple routines when told, like helping to pick up toys when you say, "It's clean-up time."</li> </ul>
Language and Communication	<ul style="list-style-type: none"> <li>- Points to things in a book when you ask, for example, "Where is the bear?"</li> <li>- Says at least 2 words together, like "More milk."</li> <li>- Points to at least 2 body parts when you ask him to show you</li> <li>- Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes</li> </ul>	<ul style="list-style-type: none"> <li>- Says approximately 50 words</li> <li>- Says <math>\geq 2</math> words, with 1 action word, like "Doggie run."</li> <li>- Names things in a book when you point and ask, "What is this?"</li> <li>- Says words like I, me, or we</li> </ul>
Cognitive	<ul style="list-style-type: none"> <li>- Holds something in 1 hand while using the other hand, for example, holding a container and taking the lid off</li> <li>- Tries to use switches, knobs, or buttons on a toy</li> <li>- Plays with <math>&gt; 1</math> toy at the same time, like putting toy food on a toy plate</li> </ul>	<ul style="list-style-type: none"> <li>- Uses things to pretend, like feeding a block to a doll as if it were food</li> <li>- Shows simple problem-solving skills, like standing on a small stool to reach something</li> <li>- Follows 2-step instructions, for example, "Put the toy down and close the door."</li> </ul>

		- Shows that he knows at least 1 color, like pointing to a red crayon when you ask, “Which one is red?”
Motor	- Kicks a ball - Runs -Walks (not climbs) up a few stairs with or without help -Eats with a spoon	- Uses hands to twist things, like turning door knobs or unscrewing lids - Takes some clothes off by himself, like loose pants or an open jacket - Jumps off the ground with both feet - Turns book pages, 1 at a time, when you read to him

<b>Safety Tips and Recommendations</b>	
Sleep Safety	<ul style="list-style-type: none"> <li>● Brush teeth with a soft toothbrush and a “grain of rice” amount of toothpaste twice a day.</li> <li>● Once your child attempts to climb out of the crib, transition them to a toddler bed in order to avoid falling out of the crib.</li> </ul>
Car and Outdoor Safety	<ul style="list-style-type: none"> <li>● Children must be rear facing in the back seat until at least 2 years of age.</li> <li>● Always hold hands when in parking lots.</li> <li>● Stay within arms reach at all times when near water to prevent drowning.</li> </ul>
Food Safety	<ul style="list-style-type: none"> <li>● Expect your child to become more picky with food. Continue to offer the same foods the adults are eating at dinner. Do not make the child a separate meal.</li> <li>● If the child does not eat their dinner, do not offer them extra snacks after the meal. If the child shows an interest in food later on, offer the previous dinner plate with the same food.</li> </ul>
Indoor Safety	<ul style="list-style-type: none"> <li>● Remove small toys, marbles, game pieces, loose change and other choking hazards from the baby’s reach.</li> <li>● Store cleaning products on high shelves or behind child proofed cabinets.</li> <li>● Poison Control Number: 1-800-Poison-1</li> </ul>
Positive Discipline and Behavioral Recommendations	<ul style="list-style-type: none"> <li>● Overly praise good behaviors to reinforce the desired behavior. Ignore unwanted behaviors, especially temper tantrums.</li> <li>● Help your child play with other children. Do not expect them to want to share. Teach them about taking turns with others.</li> <li>● Save the word “NO” for dangerous situations when you need the child to stop immediately for their safety.</li> <li>● Talk to your child about using the potty. Bring them with you when you use the toilet to normalize the experience. Read books about using the potty. Consider potty training.</li> <li>● Read to your child every day.</li> </ul>