



## Information for the 30 Month Well Visit

| Vaccine Needed | Vaccines given at 30 month visit  | Vaccines given at 36 month visit  |
|----------------|---|---|
| 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 30 months   | Future skills expected around 36 months   |
|----------------------------|---|---|
| Social-Emotional           | <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>   | <ul style="list-style-type: none"> <li>- Calms down within 10 minutes after you leave her, like at child care drop off</li> <li>- Notices other children and joins them to play</li> </ul>  |
| Language and Communication | <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>   | <ul style="list-style-type: none"> <li>- Talks with you in conversation using at least 2 back-and-forth exchanges.</li> <li>- Asks who, what, where or why questions, like "Where is daddy?"</li> <li>- Says what action is happening in a picture when asked, like running, eating or playing</li> <li>-Says first name when asked</li> <li>- Talks well enough for other to understand, most of the time</li> </ul> |
| Cognitive                  | <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> <li>- Shows that he knows at least 1</li> </ul> | <ul style="list-style-type: none"> <li>- Draws a circle when you show him how</li> <li>- Avoids touching hot objects, like a stove, when you warn him</li> </ul>  |

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|-------|---|--|
|       | color, like pointing to a red crayon when you ask, “Which one is red?”  |  |
| Motor | <ul style="list-style-type: none"> <li>- Uses hands to twist things, like turning door knobs or unscrewing lids</li> <li>- Takes some clothes off by himself, like loose pants or an open jacket</li> <li>- Jumps off the ground with both feet</li> <li>- Turns book pages, 1 at a time, when you read to him</li> </ul> | <ul style="list-style-type: none"> <li>- Strings items together, like large beads or macaroni</li> <li>- Puts on some clothes by himself, like loose pants or a jacket</li> <li>- Uses a fork</li> </ul> |

| <b>Safety Tips and Recommendations</b>             |  |
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| 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>● Transition your child into a toddler bed, or twin bed with bed rails.</li> </ul>  |
| Car and Outdoor Safety                             | <ul style="list-style-type: none"> <li>● Always hold hands when in parking lots.</li> <li>● Choose sun protection clothes, hats and sunglasses when outside in direct sunlight. Apply sunscreen.</li> <li>● Stay within arms reach at all times when near water to prevent drowning.</li> <li>● Use a 5 point harness car seat for your child.</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 and medicine 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.</li> <li>● 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. Say “NO” strongly.</li> <li>● Actively work on potty training. If your child is showing signs of resistance, you may need to take a break from potty training for a month or two.</li> <li>● Read to your child every day.</li> <li>● Limit screen time (iphone/ipad/television/computer) to a total of 2 hours or less per day.</li> </ul> |