



## 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>

	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>	
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>