

Normal Elimination

- If stools become hard, give more pears, peaches, or prunes, or a few ounces of juice daily.
- Excessive milk is constipating.
- Read about the potty but let your child set the pace.

Behavior Issues

- Keep the same bedtime routine every night.
- For advice on sleep issues, read Guide to Your Child's Sleep from the AAP, Solve Your Child's Sleep Problems by Richard Ferber, or visit www.healthychildren.org.
- Discipline is the process of teaching civilized behavior not just giving punishment.
- Distract your child from annoying behavior. In dangerous situations, make eye contact, say 'No' firmly, then remove them.
- Avoid situations where they will be tempted to misbehave.
- Keep rules simple and consistent. Show them what you want them to do. Be a role model.
- Spanking teaches aggression.
- Praise for appropriate behavior is the most powerful reinforcement. Praise your child daily!
- Tantrums are normal. Ignore 'demand' tantrums; offer reassurance for 'frustration' tantrums until they pass. If you become overwhelmed, allow yourself a 'time-out'.

Thirty Month Visit

We will record your child's height, weight, and head circumference. The measurements do not have to be on the average line (50th percentile) to be "normal." Babies typically do not grow as rapidly now as they did in the first year.

Let your doctor know today if...

- Your child only walks on his or her toes.
- Your child does not scribble.
- Your child uses fewer than 50 words.
- Your child does not combine two words ("mama home").
- Your child does not respond to his or her name when spoken softly.
- Your child avoids eye contact.
- You are worried about your child's growth, development, or behavior.
- You are feeling overwhelmed or sad about your child or unable to enjoy being with your child.
- You have a particular concern that's always on your mind.
- Your child spends time in a building built before 1960 that has peeling paint or that is or was renovated, or your child is around someone who has lead poisoning or who works with lead.

Your next visit

At the 3 year visit your doctor will...

- Check your child's growth.
- Discuss influenza (seasonal) and COVID vaccines. Vaccine information is available at: www.cdc.gov/vaccines.
- May discuss a blood test.
- Will discuss your child's development.



Weill Cornell Medicine
Primary Care

Thirty Month Visit



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Vaccines

- Vaccination provides the single most important opportunity to prevent serious illness in your child including brain damage and death.
- Recommended vaccines:
 - COVID vaccine and booster
 - Influenza (seasonal)
- Ask the nurse for Vaccine Information Statements with specific facts about each vaccine. More information can be found at: healthychildren.org (under the Health Issues tab) and at www.cdc.gov/vaccines.
- Vaccines for parents and caregivers to receive to protect children include the “Tdap” (tetanus and pertussis booster), the yearly flu vaccine, and the Covid vaccine.
- Your doctor may recommend a blood test for anemia and lead.
- Your doctor will perform a developmental screening.

Staying Healthy

- Do not allow anyone to smoke near your baby. If you smoke, decide to quit.
- Brush teeth twice daily with a spot of fluoride toothpaste (the size of a grain of rice).
- Use saline nose drops and a bulb syringe if your baby is congested. Avoid over-the-counter cold medicines.
- Do not clean inside the ear. Wipe only the outside.
- Regular exercise is important for you and your child.
- Learn infant CPR. Contact the American Heart Association for classes.
- Call if fever > 101 for more than 48-72 hours or sooner if they have persistently fast or labored breathing, are not drinking well, or look very ill to you. Fever over 105 should prompt an office visit.
- For fever or pain, your child can have acetaminophen every 4hrs. (Tylenol): “Infant’s” and “Children’s” (160mg/5mL) _____
or Feverall suppository _____
or ibuprofen every 6hrs (Motrin/Advil):
Infant drops(50mg/1.25mL) _____
or Children’s (100mg/5mL) _____
Never give aspirin—it can cause brain damage during certain viral infections.

Safety

- The leading preventable causes of injury at this age are car accidents, falls, fires/burns, drowning, and poisoning.
- Always use a car seat, even in a taxi. The middle of the back seat, rear facing, for as long as possible. Never use the front seat.
- Never leave your baby alone anywhere he might fall from or alone in the bath, even for a second.
- Check the window guards.
- Burns result from hot drinks, items on the stove, irons, radiators, and bath water.
- Keep hot liquids out of reach.
- Check the smoke detector battery once a month.
- Avoid prolonged sun exposure. Use a hat. Use sunscreen regularly (SPF 15-50, “broad spectrum” and “water resistant”).
- Avoid toys with sharp edges, strings, or small parts that may break off. Also avoid necklaces, charm bracelets, and balloons. Keep all small objects out of reach.
- Never shake or spank the baby. Shaking can cause brain damage.
- Poison Control Center phone number: 212 POISONS or 800 222-1222.
- Baby-proof your home.
- Block the kitchen with a gate.

Typical Development

By 30 months most children...

- Use their hands to twist things, like turning doorknobs or unscrewing lids.
- Take some clothes off by themselves, like loose pants or an open jacket.
- Jump off the ground with both feet.
- Turn book pages, one at a time, when you read to them
- Use things to pretend, like feeding a block to a doll as if it were food.
- Show simple problem-solving skills, like standing on a small stool to reach something.
- Follow two-step instructions like: “Put the toy down and close the door.”
- Show they know at least one color, like pointing to a red crayon when you ask, “Which one is red?”
- Say more than 50 words.
- Say two or more words together with one action word, like “Doggie run”.
- Name things in a book when you point and ask, “What is this?”
- Say pronouns like “I,” “me,” or “we”.
- Play next to other children and sometimes play with them.

- Show you what they can do by saying, “Look at me!”
- Follow simple routines when told, like helping to pick up toys when you say, “It’s clean-up time.”

Some children...

- Draw lines and scribble circles.
- Speak in sentences.
- Still have “terrible twos.”
- Kick and throw a ball.

Stimulating Development

- The brain’s development for vision, language, and even for emotional connection with other people, largely takes place in the first 2-3 yrs.
- Play games with your child.
- Sing songs and play music.
- Spend time drawing.
- Read lots of books every day.
- Model loving and caring inter-actions between adults for your child to witness.
- Keep them away from violence, such as loud arguments and violent videos.
- Establish daily routines for activities, meals, and naps.
- Limit TV and video time (<1 hour a day).
- Play with blocks, Duplo, and puzzles with big pieces.
- Establish daily routines for activities, meals, and naps.
- Browse: www.zerotothree.org.

Good Nutrition

- Offer skim or 1% cow’s milk. Adequate calcium is found in 16 – 20 oz of cow’s milk, plus yogurt and cheese. Giving more than 24 oz of milk per day often leads to anemia, which impairs brain development.
- A vitamin with Iron also helps prevent anemia and provides supplemental Vitamin D.
- Give liquids in a cup. No more bottles now.
- City tap water given daily provides adequate fluoride. Occasional fruit juice helps for constipation but is not otherwise recommended.
- Decreased appetite and picky eating are normal now because your child is not growing as fast as before.
- Share table foods with your child and offer him choices. Let him decide when he’s done eating.
- Choking hazards to avoid include hard foods such as nuts, raw carrots, hard candy and popcorn, as well as softer foods like whole grapes and hot dog slices.