

Name _____ Date _____

Weight _____ (____%) Height _____ (____%) Head _____ (____%)

Diet

- Low fat milk is acceptable now, with at least 3-4 servings a day.
- Give a well-rounded variety of table foods, with 3-5 servings of fruits and vegetables per day.
- Avoid fast food and junk food.
- Do not force feed or fight about feeding; instead offer a wide variety of healthy options and encourage experimentation.
- Avoid juice and other flavored sugar drinks.

Development

- At this age, your child can combine 2 words into a phrase, and imitates everything you do! Their speech is 50% understood by others.
- Toddlers can jump, kick, walk up and down stairs, scribble, turn pages one at a time, identify pictures, and follow directions. They can throw a ball overhand and point to body parts.
- They can build a tower of cubes, brush teeth with help, wash hands with help.
- Over the next year, he or she will use multiple word sentences, ride a tricycle, do puzzles, and match objects. It is normal for your child to be shy in front of strangers.
- Children at this age can be curious about his or her genitals.

Over the next year, you can:

- Read, sing, and talk to your toddler. Teach songs and rhymes, tell stories.
- Teach your child colors, opposites, and how to use "I," "me," "ours," etc.
- Go outside, learn how to jump, and how to ride a tricycle or scoot bike.
- Encourage pretend play. Learn how to draw a circle, do puzzles.

Sleep

- A bedtime routine will create good sleep hygiene.
- Comfort objects like blankets or toys can help.
- Nightmares and fear of the dark can be normal at this age.

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Safety

- AAP recommends that you keep your baby in a rear facing car seat until they have reached the highest height or weight allowed by your seat. This will most likely be until age 2 or older.
- Keep water temperature less than 120 degrees.
- Use baby gates and supervise your toddler closely.
- Use “for kids” sunscreen (SPF 30) and bug spray.
- Keep your home “smoke free.”
- Child proof your home and keep plants out of reach.
- Poison Control: 1-800-222-1222
- Keep foods your child can choke on out of reach.
- Wear helmets when appropriate.
- Children are curious; they need lots of supervision around yards, streets, driveways, parking lots, and playgrounds.
- Lock guns and ammunition separately.
- Put window guards on 2nd story windows to prevent falls.

Parenting/Discipline

- Your child is now more independent (defiant?) and says “no” a great deal!
- Tantrums are common, and demonstrate your child’s developing problem-solving abilities (it is actually healthy!).
- To create a healthy disciplinary environment, make sure all care providers are consistent in discipline, and that care providers are calm during discipline.
- Give “choices” instead of restrictions: for example “You can put your food in your mouth or on your plate” rather than “Don’t throw your food.”
- Time out should be roughly 1 minute for each year of age.
- Praise your child for good behaviors.
- Kids age 2-5 should have no more than one hour a day of high-quality programming. For all kids under 5, all programming should be viewed together so that parents can explain to the kids what they are seeing.

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Toilet Training

- This usually starts at about 2 years of age.
- Your child needs to be able to identify the “feeling” of having to go and be able to withhold urine or stool output until he or she can reach the toilet.
- Encourage curiosity with books and discussion, but do not push toilet training before your child is ready, as resistance to training is common.

At this visit

Typical screenings: MCHAT/Autism Screen

Typical immunizations: Influenza when in season; other vaccines as needed to catch up

Other preventive health: Fluoride varnish applied every 6 months*

*Per provider discretion

Return at 2.5 years of age for your next well child visit!

For additional copies or guidelines for future visits, visit billingsclinic.com/wellchild