

The Pediatric Center

Boulder, CO
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Name: _____

Date: _____

2 ½ YEAR VISIT

TODAY'S MEASUREMENTS

Height

_____ inches (_____ percentile)

Weight

_____ pounds _____ ounces (_____ percentile)

Body Mass Index

_____ (_____ percentile)

IMMUNIZATIONS

Hepatitis A

Influenza

Covid

Possible vaccine side effects are rare but may include:

- Fever
- Redness or swelling at the site of the shot

If needed you can give acetaminophen (Tylenol). Contact us if your child's symptoms are severe or last longer than 48 hours.

Next Visit: 3 years of age

SLEEP

- At this age most children take one nap a day.
- Encourage interest in books by reading a few with your child every night before bed.
- Avoid responding to "curtain call" behavior from your child that keeps him or her from going to sleep—such as asking for water or many good night hugs.

NUTRITION

By now your child should no longer be using bottles. Keep offering your child different foods even if he or she is picky. It can still take 10 to 15 tastes of a new food before your child will accept it. It is normal for your child to eat a lot of small meals and be less hungry.

- Let your child feed himself or herself.
- Offer mostly table foods. Do not give your child small, hard and round foods that he or she can choke on such as nuts, popcorn, whole grapes and cut up hotdogs.
- Your child does not need fruit juice. Limit juice to no more than four ounces a day and dilute it with water.
- Do not give your child more than 20 ounces of milk a day. If your child does not drink at least 16 ounces of milk a day, serve other calcium-rich foods such as yogurt and cheese daily.

DEVELOPMENT

All babies develop at their own rate. At this age you may notice that your baby:

- Climbs up and down stairs—but may need help
- Jumps off the floor with both feet
- Throws overhand
- Runs with ease
- Uses a spoon and fork well
- Knows more words
- Uses "I", "you", two-word phrases, and says more words
- Ask questions
- Refers to himself or herself by name
- Follows a two-part command
- Copies household activities that you do
- Plays alongside other kids
- Washes and dries his or her hands
- Helps get dressed
- Wants to do things by himself or herself

SAFETY

- Children at this age need constant attention and guidance. They are explorers and have no sense of fear. This means that they can quickly climb playground equipment, go up stairs and explore electrical outlets and medicine cabinets. Never leave your child alone in the car, house or yard.
- Use a car seat that is convertible and rear-facing for as long as your child meets the weight and height recommendations.
- Teach your child about boundaries and let them know no one has the right to touch them or make them feel uncomfortable. Use the proper names for all body parts. Remind your child that they won't get in trouble for talking to you, no matter what they have to say.
- Keep your child within arm's reach when they are in or near water, on stairs, and on high surfaces. Kids can climb onto counters and tables at this age; some will climb out of their crib.
- Think about switching your child's crib to a bed.
- Cook on the back burners of your stove to reduce the risk of burns. If your child does get burned, apply cold water (not ice) right away and call us.
- Make sure that all chemicals, medications, edibles, cleaners, button batteries, small magnets and other hazardous materials are locked away, out of your child's reach.
- Put a hat on your child and apply sunscreen with at least SPF 30 when he or she is outdoors.
- Have your child wear a helmet when riding a tricycle, bike, scooter or other ride-on toy, and when skiing.
- When backing out of the garage or driving in the driveway, have another adult hold your child a safe distance away.
- Keep your child out of the yard when someone is using the lawn mower.
- Make sure the smoke and carbon monoxide detectors in your home are working.
- If you have guns in your home, keep them unloaded, locked in a gun safe and stored away from ammunition.
- If you are worried about violence in your home, speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233) or ndvh.org
- Keep the Poison Control Hotline posted on your refrigerator and in your phone contacts: 1-800-222-1222

DISCIPLINE

- Keep consistent rules and limits. Remember you are the one in charge.
- Do not let your child hit or bite. Stop hostile behavior from your child and talk about how those actions affect other people.
- Teach your child how to say sorry.
- Time outs are still a good tool at this age, but do not use them too often. You should have other ways to teach your child how to act. Be a good role model.

TOILET TRAINING

- Do not pressure your child.
- Have a potty-chair ready if your child shows interest.
- Teach him or her words for urine and bowel movements.
- Never punish your child for accidents.
- Children who are trained in the day often still need diaper or pull-ups for naps and sleeping at night.

PROMOTING DEVELOPMENT

- Listen to and respect your child. Expect others to do as well.
- Help your child talk about their feelings.
- Watch how they respond to new people or situations.
- Speak to your child slowly, clearly and in adult language. Stuttering is common at this age and often clears up on its own. If you are concerned, speak with your doctor.
- Masturbation is common. Let your child know he or she should do this in private. Be matter-of-fact and do not punish your child for this behavior.
- Fears of loud noises, animals and the dark often develop at this age. Make sure your child knows that he or she is safe.
- Think about enrolling your child in a daycare, preschool or a play group. This can help build his or her social skills with other kids.
- Keep reading to your child daily.
- Brush your child's teeth twice a day with fluoride toothpaste. Take them to the dentist every 6 months for a cleaning.