

Princeton Nassau Pediatrics, P. A.

www.princetonnassaupediatrics.com

24 Month Well Visit

What your child may be doing now:

- Going up and down stairs one at a time
- Saying 50 words, using 2 word phrases
- Kicking a ball

Feeding:

- Offer your child 2 cups milk/day, and no more than one cup of juice
- Feed your child 3 meals daily plus snacks
- Offer a variety of healthy foods every day- your child will decide how much to eat. Picky eating is normal, and your child will have “good days” and “bad days.”
- Give a multivitamin daily. If you do not have fluoride in your water, ask your doctor for a fluoride prescription

Parenting:

- Brush teeth with a soft toothbrush every day.
- Say “no” to your child when necessary, and remove him from the dangerous situation. Avoid yelling or spanking.
- If your child has a tantrum, try to ignore it, or distract her with something else. Often tantrums happen when your child is tired or hungry- try to address this issue if that is the case.
- Read books to your child.
- Start thinking about potty training if your child is starting to show signs of readiness- understanding the vocabulary, showing interest in the toilet, and has awareness of his own bowel movements and urine in the diaper.

Safety

- Use a car seat for every ride.
- Drivers can’t see small children- watch your child very carefully in your driveway and in parking lots.
- Prevent drowning-supervise your child at all times when near water

- Use sun block whenever you are out.
- Prevent choking- keep small objects and toys out of your child’s reach.
- Childproof your home - cover electrical outlets; install latches on cabinets; keep cleaning products out of reach, etc.
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns
- Keep the Poison Control Number handy: 1-800-Poison-1

When to call the office:

- If your child has vomiting and diarrhea for more than a day, is acting very sluggish or irritable, has trouble breathing, or has a fever over 102°F, or if you have other concerns.
- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

Vaccines/Tests at this visit:

- [Hep A](#)
- [Flu](#) (in season)
- Blood test for lead and anemia
- [PNP Vaccine policy](#)

Your child may have a mild fever or fussiness after his vaccines today. You may use Tylenol or Motrin every 4-6 hrs as needed over the next 2 days.

[Dosing Chart](#)

Web Resources

- [Communication and your child](#)
- [Toilet training](#)
- [Temper tantrums](#)
- [Healthy eating tips](#)
- [Children’s Hospital of Philadelphia Vaccine Website](#)

