

Princeton Nassau Pediatrics, P. A.

www.princetonnassaupediatrics.com

30 Month Well Visit

What your child may be doing now:

- Go up and down stairs one at a time
- Using short sentences, expanding his vocabulary
- Kick a ball, throw overhead, pedal a tricycle
- Climb well

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 your child a multivitamin daily. If you do not use fluoridated water, your child may need a fluoride supplement.

Parenting:

- Brush teeth with a soft toothbrush every day. Start using a pea-sized amount of toothpaste
- Use time-outs when necessary for discipline, trying to avoid yelling or spanking.
- Read books to your child.
- Work on potty training your child. If he or she shows signs of resistance, you may want to take a break from the process for a month or two.

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.
- 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

Vaccines at this visit:

- The AAP and CDC recommend a yearly [Flu shot](#) for all children.

When to call the office:

- Most toddlers get 6-12 colds per year, and several episodes of diarrhea and vomiting. Most of these will resolve without medicines. We do not recommend the use of over-the-counter cold medicines for toddlers. Call our office if your child is acting very sluggish or irritable, or has a fever over 102°F, has trouble breathing, or you have other concerns.
- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

Web Resources

- [Communication and your child](#)
- [Toilet training basics](#)
- [Learning and exploring](#)