



A Member of
Valley Children's Medical Group
www.fresnochildrens.com

Well Child Care, Two to Three Years Old

Name: _____ **Doctor:** _____ **Date:** _____

WT: _____ **HT:** _____ **BMI:** _____ **Age:** _____

WELL CHILD CARE VISITS are recommended every year from two to six years old.

IMMUNIZATIONS: If your child's immunizations are up to date, the next immunizations will be given prior to entering kindergarten or between 4 and 5 years old. Changes may be made to meet the needs of your child. A yearly influenza vaccine is recommended for all children over 6 months.

DEVELOPMENT

- Read to your child daily, and ask questions about the book.
- Each child develops and learns at his own pace. If you think there may be a problem, talk to your health care provider. Also, let your health care provider know if your child loses skills he once had, or is not speaking in sentences of 2 to 3 words.
- At two years old, others can understand what your child says some of the time.
- At three years old, others can understand what your child says most of the time.

NUTRITION

- The five basic food groups are grains, vegetables, fruits, milk, and meat & beans.
 - Whole grains, like whole wheat bread, cornmeal, brown rice and oatmeal, have more nutrition and fiber than white bread, pasta or white rice.
 - Fruits and vegetables are healthy in all forms – fresh, canned, frozen, or dried. Try to have at least five servings a day. Drink 100% fruit juice, not fruit drinks that have added sugar or high fructose corn syrup (check the ingredients).
 - After age two, serve your child fat-free milk and low-fat milk products; milk intake should be no more than 16 oz per day.
 - Meat and beans (proteins) help to make us strong. Try beans, tofu, eggs and low-fat milk products. Choose low-fat meats like skinned chicken, fish or lean red meat.
- For more information visit www.choosemyplate.gov.
- Calcium helps children's bones and teeth grow. Foods rich in calcium include milk products, beans, tofu, broccoli, dark-green leafy vegetables and calcium-enriched orange juice.
- **SERVING SIZE:** In general, a serving of meat or fish can fit in the palm of your child's hand, a serving of fruits, vegetables, juice, cooked beans, or grains is about ½ cup, and a serving of milk is 1 cup.

- High calorie foods such as candy, soda, chips, and cookies should not be easily available in your home. Your child eats what you provide for him. Teach good nutrition habits.

CARE OF YOUR CHILD

- Maintain a regular bedtime, toddlers and pre-school children need a routine, so they know what to expect.
- After the 3rd birthday, use a small amount of fluoridated toothpaste. Parents should dispense toothpaste for young children and assist with brushing.
- Give your child some independence in brushing his teeth, but always follow him with a good brushing.
- As your child grows, begin flossing daily to prevent decay between the teeth.

BEHAVIORAL AND SOCIAL DEVELOPMENT

- Children want time with you. Take time to play with your child such as doing puzzles or playing with blocks together.
- Use "time out" for unacceptable behavior (One minute for each year of age). For more information on using "time outs", visit www.fresnochildrens.com.
- Limit television and computer time to less than one hour per day. When you do watch TV, try to watch it together and choose educational programs. Always talk about what you see on TV.
- Allow your child to explore and investigate while monitoring to keep him safe.
- Allow your toddler to work through problems before you offer help.
- Allow your child a sense of control by offering choices whenever possible. For example, do you want the red or blue pants?
- Encourage your child to play with other children, but he may not be willing to share his toys initially, and that is okay. Teach him to share.
- Teach your child to show kindness to pets. Correct your child when they are too rough with pets. Children do not understand when they are being too rough. They need to be taught how to interact with animals.
- Teach your child to respect others.
- Praise your child for good behavior and accomplishments.
- BE CONSISTENT, patient, and respectful with expectations and discipline for inappropriate behavior.

INJURY & ILLNESS PREVENTION

- For car seat information visit www.safercar.gov
- Children should be supervised by an adult whenever they are near water.
- Limit time spent in the sun, use sunscreen (SPF 15 or higher) before he goes outside.
- Keep cooking utensils, hot liquids, knives, and hot pots on the stove out of reach.
- Remove dangling telephone, electrical, blind, or drapery cords in your home.
- Keep poisons and toxic household products in locked cabinets.
- Never leave your child alone in the bathtub, house, yard, or car.
- Do not expect your older children to supervise your child.
- Do not let your child play face to face with a pet. Even a friendly pet may playfully bite your child.
- Second-hand smoke exposure of all sources including vaping devices; is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessations go to www.lungusa.org (the American Lung Association Website) and click on "Quit Smoking" tab on the top menu.

This and other information is on our Website at www.fresnochildrens.com