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Well Child Care, Two to Three Years Old

Name: _____ Doctor: _____ Date: _____

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

Recommended Well Child Visits:

- Annually from age two to about six years old (first grade physical)
- Every other year from age six to twelve years old
- Annually again from age twelve to eighteen years old

Immunizations are given as follows:

- Hepatitis B:** Three vaccinations done
- Diphtheria, tetanus, pertussis (DTaP):** Four vaccinations done, expect booster at school entry
- Polio:** Three vaccinations done, expect booster at school entry
- Haemophilus influenzae type B (Hib):** completed
- Pneumococcal:** completed
- Measles, mumps, rubella (MMR):** One vaccination done, expect booster at school entry
- Varicella (Chicken Pox):** completed
- Hepatitis A:** If not previously received, recommended, but not required
- Tuberculosis skin test (PPD):** given with entry into daycare, preschool, and/or kindergarten.

These are guidelines only. Changes may be made to meet the needs of your child

DEVELOPMENT

- Two years old
 - Goes up and down stairs one step at a time
 - Kicks a ball forward
 - Stacks five blocks
 - Uses at least twenty words, with some two-word phrases
 - Follows two step commands
 - Imitates adults
- Three years old
 - Jumps
 - May ride a tricycle
 - Knows name, age, and sex
 - Increased clarity of speech
 - Copies a circle and a cross
 - Helps with dressing

NUTRITION

- Visit www.mypyramid.gov for thorough nutrition information
- Parents decide:
 - When to offer meals and snacks
 - What healthy foods to serve
 - Where to serve the food
- Child decides:

- Whether or not to eat
- Which foods on their plate to eat
- How much to eat (do not force them to clean their plate)
- Offer your child a variety of nutritious foods, particularly those containing iron (for information on foods containing iron visit <http://www.fresnochildrens.com/files/HealthTopics/ironcalcium.pdf>)
- Begin to serve your child fat-free milk and low-fat milk products; milk intake should be no more than 16 oz per day
- High calorie foods should not exist in your house, remember your child eats what you provide for him/her, do not make a “junk food” habit at this age
- Children will eat a lot one time, and not much the next
- Make mealtimes pleasant and companionable
- Do not offer food for emotional reasons (comfort, reward)
- Enforce reasonable mealtime behavior, but do not force eating

CARE OF YOUR CHILD

- Help your child wash his/her hands after diaper changes or toileting and before eating
- Limit television and computer time to less than one hour per day and watch television with them to talk about what is happening
- Maintain a regular bedtime, toddlers and pre-school children need a routine, so they know what to expect
- When your child can spit out the toothpaste, begin to use a pea-size amount of fluoridated toothpaste when brushing his/her teeth
- Give your child some independence in brushing his/her teeth, but always follow them with a good brushing
- Practice good family oral health habits (brushing, flossing)
- Allow your child to explore and investigate while monitoring to keep him/her safe
- Allow your child a sense of control by offering choices whenever possible. For example, do you want the red or blue pants?
- BE CONSISTENT with expectations and discipline
- Use “time out” for unacceptable behavior (One minute for each year of age)

INJURY & ILLNESS PREVENTION

- Use a forward-facing safety seat in your vehicle if your child weighs at least twenty pounds
- Never place your child’s safety seat in the front seat of a vehicle
- 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/she goes outside
- Keep cooking utensils, hot liquids, knives, and hot pots on the stove out of reach
- Be sure there are no dangling telephone, electrical, blind, or drapery cords in your home
- Keep poisons and toxic household products in locked cabinets
- Keep POISON CONTROL number posted 1-800-743-5000
- Never leave your child alone in the bathtub, house, yard, or car
- Do not expect your siblings to supervise your child
- Second-hand smoke exposure 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. If you do not have access to the internet, please call our office to have them mailed to your home.