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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](http://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](http://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](http://www.fresnochildrens.com). If you do not have access to the internet, please call our office to have them mailed to your home.**