
2 to 3 Year Well Child information

ENCOURAGING DEVELOPMENT

- Read to your child every day. Encourage your child to point to objects when named.
- Minimize television and electronics.
- When your child does watch television or plays on a computer or device, do it with him or her. Ensure the content is age appropriate. Avoid any content showing violence.
- Provide opportunities for physical activity.
- Use imaginative play with dolls, blocks, trucks.
- When your child becomes aware of wet or soiled diapers and stays dry for longer periods of time, he or she may be ready for toilet training. Let your child see others using the toilet. Introduce a potty chair. Give lots of praise when he or she successfully uses the potty chair.

SAFETY

- Set your water heater at 120 degrees F.
- Equip your home with smoke and carbon monoxide detectors.
- Keep all medicines, poisons, chemicals, cleaning products out of reach.
- Your child should always be restrained in a car seat with a harness until reaching the upper weight or height limit of the seat.
- Keep plastic bags and balloons away from children.

NUTRITION

- Provide 3 meals and 2 to 3 snacks per day.
- Do not force your child to finish everything on her plate.
- Continue to introduce new foods, tastes and textures.
- Instead of whole milk, give your child 2%, 1%, or skim milk.
- Limit juice to 4 to 6 oz. per day.

PARENTING TIPS

- Praise your child's good behavior with your attention
- Spend one-on-one time with your child daily.
- Set consistent limits. Keep rules clear, short and simple.
- Discipline should be consistent and fair.
- Provide your child with choices throughout the day. For example, "Do you want to wear the blue shirt or the red shirt?"
- When giving instructions, avoid asking your child yes and no questions. Instead of, "Do you want a bath?" say "It is time for a bath!"
- Recognize that your child has a limited ability to understand consequences.
- Interrupt your child's inappropriate behavior and show them what to do instead.

IMMUNIZATIONS

- Influenza (in season)

NEXT WELL CHILD VISIT: YEARLY