



# 30-Month Handout

## 30-MONTH DEVELOPMENT QUESTIONS

1. Does your child say more than 50 words?
2. Does your child speak in 2-3 word sentences?
3. Does your child know at least 6 body parts?
4. Does your child walk up the stairs?
5. Does your child put on an article of clothing?
6. Does your child copy a straight line?
7. Can your child follow a 2-step command?

## NUTRITION

Meal time should be an enjoyable time for the entire family. It can, however, be a challenging time with toddlers. Toddlers will frequently skip meals, refuse meals, or decide they're only going to eat a few choice things for days at a time. This is all *normal* toddler behavior, and your child *will* grow out of it. It's not something you should spend a lot of time worrying about. What we do suggest is that you encourage your child to eat healthy foods and snacks; if children aren't introduced to junk food, they won't know what they're missing. Toddlers model adult behavior! We need to show our toddlers, by example, what are good food choices.

Many toddlers prefer small, frequent meals. Just be sure these smaller meals are healthy. Don't introduce junk food just to get them to eat something. They'll eat when they're hungry. Allow your toddler to feed himself. This can be messy, but don't worry. He and the floor will clean up well. Turn off the television and sit down as a family for meals. This helps show your child manners and healthy eating habits.

Your child no longer needs whole milk. You can switch to 2%, 1%, or even skim, which ever your family prefers. We recommend at least 2-3 servings per day to provide adequate calcium for your child's bones. We also recommend no more than 4-6 ounces of 100% fruit juice per day; your toddler doesn't need any of the sweetened drinks.

## DENTAL CARE

As your child gets new teeth, be sure to clean them twice a day. At this age, cleaning them with a soft-bristled toothbrush and a pea size amount of toothpaste that contains fluoride is recommended. And, as always, no food or drink in bed!

## TOILET TRAINING

Your child may have already mastered toilet training or may not be interested in the concept. Toddlers are naturally curious about other people using the bathroom. If your child seems curious, let him go to the bathroom with you. Praise your child if he tells you he has a dirty diaper. If you haven't already bought a potty chair, now is the time to think about it. It may be best to leave it in the same room your child usually plays in. If he chooses to use the potty chair, be sure to praise his accomplishments. But remember: he's only a toddler, so never put too many demands on him.

## SAFETY TIPS

### Prevent Fires and Burns

- Check your smoke detector (replace the batteries if necessary) and practice a fire escape plan.
- Put plastic covers in unused electrical outlets.
- Keep hot appliances and cords out of reach.
- Keep all electrical appliances out of the bathroom.
- Don't cook with your child at your feet.
- Use the back burners on the stove, with pan handles out of reach.
- Turn your water heater down to 120 degrees F.
- Use sunscreen if your child will be outside playing. We recommend an SPF of at least 30.

### Prevent Drowning

Never leave an infant or toddler alone in a bathtub. Continuously watch your child around any water, including toilets and buckets. Keep toilet seats down and store buckets upside down.

### Avoid Choking and Suffocation

Keep dangling cords (drapes, electrical) out of reach. Tie plastic bags in knots and keep them out of reach. Children can get them around their necks and may choke.

### Prevent Poisonings

Keep medicines, vitamins, cleaning supplies, and gardening chemicals locked away. Install safety latches on cabinets. Keep the **Poison Control Center** phone number, **412-681-6669**, on all phones.

### Firearm Safety

Keep guns locked, unloaded, and ammunition stored separately.

### Passive Smoke Exposure

We also caution against passive smoke exposure of any kind. Our recommendation for the health of your baby is no smoking. The more smoke your child is exposed to, the higher her chance of developing more colds, lung infections, ear infections, allergies, asthma problems, and cancer. The best thing for your child's health is for you not to smoke at all. Even if you don't smoke near your child, chemicals from smoking stay with you on your clothes and on your body. If you must smoke, smoke outside the house, never inside or in the car. Even if your child is in another room or not in the car at the moment, he will still be exposed to lingering harmful chemicals later.

### Help Avoid Falls

Lock doors to dangerous areas like the basement and garage. Have guards on windows, or keep them locked – window screens will NOT prevent a child from falling out the window. Never underestimate your child’s ability to climb!

## WALK-IN HOURS

We now offer no-appointment necessary Walk-In Hours, all offices:

**Weekday Mornings, 8:15 to 9:30am** at Pleasant Hills and Squirrel Hill/Greenfield.

**Weekday Evenings, 6:30pm to 8:00pm**

Monday, Tuesday, Wednesday at Pleasant Hills /Monday & Thursday at Squirrel Hill/Greenfield.

**All Day, Every Week Day** at Cranberry/Seven Fields

These hours are to address routine health problems such as sore throat, cold symptoms, fever, rash, and ear pain. They are not designed to evaluate chronic problems. If your child is older than 4 months and has had symptoms fewer than 3 days, you can be seen on a first-come, first-served basis.

## QUESTIONS & CONCERNS

If you feel you need additional advice between regular check-ups, you can post questions to our Facebook page or telephone us during office hours. Facebook, where we answer questions sometimes as quickly as in a few minutes, is a great place to ask about general, non-pressing issues. For more detailed and pressing health issues, it’s best to call. Either way, we’re always happy to provide counseling and guidance. (It’s both our job and our pleasure!)

When calling after office hours, your call will be answered by an answering machine. If you have a concern that can’t wait for regular office hours, please leave your name, your child’s name (with spelling), and your phone number, and we’ll return your call usually within an hour or so. If you have an emergency that requires an ambulance or paramedics, call 911 *first*. If you have an emergency that can’t wait for a call back and need to have the doctor urgently paged (such as seizures, respiratory illness with labored breathing, suspected dehydration, or similar conditions), the recorded message will give you the answering service’s phone number, and they can reach the doctor on call for the emergency.

## AND REMEMBER...

We have a wonderful, 24/7/365 resource for parents at our **Kids Plus Facebook Page**. Like us on Facebook, and follow along with our great Kids Plus Social Media Community!

*We look forward to seeing you at your 3-Year Well Visit!*

