

CORINTH FAMILY MEDICINE & PEDIATRICS

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2-3 YEAR WELL EXAM

NUTRITION:

Toddlers are often very picky eaters. Make sure you are offering well-balanced meals and healthy snacks, helping to develop good eating habits for your children by offering meats, fruits, and vegetables at main meals.

- Avoid popcorn, chips, hot dogs, sausages, carrot sticks, celery, whole grapes, raisins, hard candy, gum, or tough meat.
- It is now healthier for your child to drink low-fat milk, 2-3 cups/day. Milk is important not only for calcium but also for Vitamin D and bone development. Do not allow your child to get in habit of drinking only chocolate milk.
- It is important for toddlers and children to drink plain water when they are thirsty. 4-6oz of juice may be given each day but we recommend diluting the fruit juice at least to half strength with plain water.
- Make sure your daycare provider is giving healthy meals and snacks.
- Dental Care: Brush teeth with a small, soft toothbrush and a pea-sized amount of fluoride toothpaste (teach your child not to swallow it). You should be assisting your child with brushing. Schedule a dental checkup for your toddler.

DEVELOPMENT & BEHAVIOR:

- Discipline: Help your child process their emotions by giving them simple words for expressing themselves. Use time-outs and withholding privileges. Toddlers are often testing boundaries/rules. Limit the number of rules and enforce them consistently. Praise good behavior! Plan ahead; tantrums often occur when a child is sleepy, hungry, or bored.
- Independence: A desire for independence is a normal part of development at this age. Begin to teach self care and allow them to make age-appropriate choices. But remember to encourage this learning within appropriate supervision.
- Toilet-training: Toddlers now often become ready for toilet-training. Do not force the issue. Look for signs that your child is developmentally and mentally ready. Is he/she interested in the process? Can he/she communicate with words the need to go to the bathroom, can he/she pull down his/her pants, does your child let you know when he/she has a wet diaper? Keep the experience positive with rewards and praise. Expect setbacks and avoid punishment. Although some children will have success in a few days after beginning, this is not the norm. Be patient, it can be a long process.
- Sleep: Maintain a consistent, age-appropriate bedtime. I recommend 7:30-8:30 for most toddlers and young children. Children under the age of 4 yrs should also be napping regularly during the day.
- Activity: Encourage active play. Remember to enjoy your children and spend time playing *with* them.
- Media: Keep TVs and computers in common living areas, not the bedrooms. Limit "screen time": to less than an hour per day of high-quality programming. At this age, all media use should be with you there to help them understand it.
- Language: Read with your child every day and encourage storytelling. Look for opportunities during your daily routines to ask questions, name new objects, and describe events.

SAFETY:

- Children should always ride in the back seat, buckled into a car seat (following the manufacturer's instructions)
- Childproof your home! Remove dangling telephone, electrical, blinds or other cords from your toddler's reach. Use gates and locks appropriately. All medications, cleaning supplies, and potential poisons should be locked in upper cabinets. Survey for hazards such as sharp corners, electrical sockets, razors on bathtub, knives in drawers, pet food, etc. Use safety devices on windows. Secure bookcases and dressers to the wall so they don't fall on your toddler. Survey the garage for potential dangers as well (gasoline, paints, tools, insecticides, etc.).
- Toddlers should always be within an arm's reach whenever near water. Swimming pools must have an enclosed fence with a self-closing, self-latching gate. All children should wear flotation devices when near water. Inner tubes are not safety devices, and children must be supervised when using them. Swim lessons are not a substitute for water safety.
- All parents & other caregivers should learn CPR.
- Use back burner on the stove when possible and turn pan handles toward the back of the stove. Watch out for tablecloths with hot liquids or heavy objects on them. Also keep children away from ironing boards and irons.
- Use sunscreen and insect repellent. Remember to avoid allowing your child to overheat in the sun, car, etc. Make sure they drink plenty of fluids when outside in the heat. Use hats and sunglasses to protect your child from the sun.
- Do not keep guns in your home. If you do have a gun, keep it locked & unloaded with ammunition locked separately.
- Second-hand smoke exposure is very dangerous for your child. Do not smoke around your child, in your home or car.
- Make sure the smoke detectors and carbon monoxide monitors are operational in your home.
- Keep the poison control center number available (1-800-222-1222). Call immediately after a poisoning. Do not make your child vomit.
- Supervise your child outside at all times. Keep them away from machinery and be cautious around dogs. Check to make sure playground equipment is not too hot. Keep children away from the street. This rule should be strictly enforced.
- Teach your child the importance of wearing a helmet when on a scooter or bike. Begin to instill this habit even while your child is only riding a tricycle.
- Choose childcare providers who are mature, trained, responsible, and recommended by others. Do not allow your childcare provider to administer corporal punishment.