

Mendon Pediatrics

2.5 Year Visit

Next Visit: 3 Years

Nutrition

- Set good eating habits. Eat healthy meals together.
- Low fat or skim milk can now be given instead of whole milk.
- Snack suggestions: fruits, yogurts, crackers, cheese.
- Avoid fast food restaurants and junk foods.
- Desserts and candy should be used as a treat, not at daily mealtime.
- Offer three meals and 2-3 nutritious snacks daily at regular times. Avoid foods that could cause choking, such as nuts, popcorn, and hard raw vegetables and fruits. Limit sugar.
- Toddlers are often picky eaters but will get enough to sustain themselves if healthy choices are available. If concerned, you may give your child a multi-vitamin if he/she is not consuming adequate fruits and veggies. Be cautious of iron containing vitamins which may be toxic if ingested in excess.

Safety

- Continue to be aware of foods that your child could choke on and be familiar with the Heimlich maneuver.
- Infant and child CPR courses are offered through The American Red Cross at 241-4434.
- All children are safer in the backseat. Car seat until 40 pounds or 4 years old, then booster seat until 80 pounds and 7 years old.
- Keep children out of the sun at peak times (10am - 3pm) and always protect with a sunblock of SPF 15 or higher.
- Insect repellent should contain less than 30% DEET.
- Accidental poisonings and choking are common at this age. Lock up medicines and cleaning solutions. Put the poison center number on the telephone 1-800-222-1222.
- Never leave a child unattended in the bathtub. Swimming pools must have locked gates and fences.

Healthy Habits

- Read to your child every day. Encourage story-telling, naming opposites, and comparisons.
- Introduce the alphabet and numbers.
- Limit television and computer viewing time to no more than one hour per day and select quality programs.
- Sing songs and say nursery rhymes with your child.
- Play catch, encourage running, jumping and tricycle riding (with a helmet).
- Practice cutting (with safety scissors), painting, drawing, coloring and puzzles.
- Encourage good table manners and use of fork and spoon.
- Praise positive behaviors, for example learning a new skill, or being helpful and cooperative.
- "Catch them being good", instead of noticing and giving attention to the negative behaviors.
- Help children learn how to resolve conflicts and handle anger without using violence. For instance, "Use your words", "Tell me how you feel", "Let's talk about it", "What can you do instead of hitting".
- Masturbation is a normal phenomenon in this age group. Do not be alarmed.

- Teach your child to look both ways before crossing the street. Do not allow unsupervised outside play at this age. Most children cannot be counted on for street safety until the age of five.
- Parents need to set limits for their children; yet most children at this age wish to feel "in charge". When possible, give your child the opportunity to make decisions by offering two choices (for example, would you like Cheerios or pancakes for breakfast? or would you like to wear your white shirt or your blue one?)
- Prepare a plan for your child in case of loss. Review your life insurance coverage to make sure it provides for your child and your will should include all members of your family. Also discuss a plan of guardianship for your child.

Developmental Milestones

- Use up to 50+ single words.
- Combine words together.
- Follow a 2-step command without gestures.
- Put on an article of clothing.
- Draw a vertical line by imitation.
- Jump up.

Suggested Reading

What to Expect the Toddler Years, A.Eisenberg

Guide to Your Child's Symptoms, American Academy of Pediatrics

Caring for Your Baby and Young Child: Birth to Age 5, American Academy of Pediatrics

Raising Your Spirited Child, Mary Sheedy Kurcinka

Toilet Learning, A.Mack

1-2-3 Magic: Effective Discipline for Children 2-12, Thomas W. Phelan Ph.D

Children allowed to develop at their own speed will usually win the race of life.

Developmental Evaluations

The Early Intervention system is available for all children under age 3 for evaluation and treatment of motor and speech delays at no cost to the patient. Evaluations can be scheduled through your county:

Ontario County 396-4439 Livingston County 243-7299 Monroe County 753-5437