

WELL CHILD CARE AT 2 ½ YEARS

NUTRITION

- Enjoy meals together as a family. It is a time to eat together and talk to each other
- Serve 3 meals a day and 2-3 healthy snacks.
- Offer only nutritious foods to choose from. Limit fast foods and snacks high in sugar and fat.
 - Do not give soda or other sweet drinks.

DEVELOPMENT

- Read books together every day. Reading aloud will help with language development and help get your child ready for preschool. Take your child to the library and story times.
- Your child may ask to read the same book again and again.
- Give your child extra time to answer questions. Listen to your child carefully and repeat what is said using correct grammar.
- Visit zoos, museums, and other places that help your child learn.
- Limit TV/screen time to no more than 1 hour per day.
- Be aware of what your child is watching
- **Potty Training**
 - Make toilet training easier – dress your child in clothing that can easily be removed
 - Praise your child when he/she is successful.
 - Create a relaxed environment by reading or singing in the potty.
 - If your child is resistant, stop for a while and retry again latter.

DISCIPLINE

- Praise good behavior
- Be consistent and patient. When your child does something wrong, say why it is wrong and redirect your child to another activity.
- All family members should have the same rules.
- Brush your child's teeth along the gums twice a day with a dab of fluoride toothpaste.

HEALTH

- **Keeping your child healthy**
 - Take your child for regular check-ups and immunizations.
 - Keep your children away from loud noises and music to protect their hearing.
 - Use sunscreen when outdoors.
 - Keep your child away from tobacco smoke and products.
 - Talk to your child's doctor before giving medicines and home remedies.
 - Wash child's hands with soap and water after using the toilet.
- **Physical activity**
 - Get 60 minutes of active play each day.
 - Limit TV or other screen time to 1 hour per day.

SAFETY

- Never leave your child unattended.
- Keep electrical cords, pot handles, and other hot things, out of your child's reach.
- Use safety latches, cabinet locks, and outlet covers.
- Use stair gates and window guards.
- Keep medicines, cleaning supplies, and plants out of reach of children.
- Keep small items such as keys, unsafe toys, plastic bags, balloons out of reach of children as they can be a choking hazard.
- Carry your child or hold your child's hand near cars.
- Have your child wear a helmet when using a tricycle or scooter.
- Set your water heater to less than 120 degrees F.
- Check the water before putting your child in the bath.
- Never leave your child alone in the bathtub, pool, or near a bucket of water or toilet. Pools/spas should be fenced with a self-latching gate.
- Be sure that the car safety seat is correctly installed in the back seat of all vehicles.

IMMUNIZATIONS

- Your child may receive some vaccinations at the visit.
- Your child may have some redness, swelling or soreness at the injection site. Cool compresses and acetaminophen should help decrease injection pain; sometimes warm compresses and gentle massage can help decrease muscle pain.
- Ask your doctor for his/her dosage of acetaminophen.
- Call your doctor if your child has a fever for more than 36 hours.

YOUR NEXT ROUTINE VISIT – AGE 3 YEARS