

**24th Month Visit**

**Date:**

## **NUTRITION**

Continue to offer healthy foods. Do not substitute unhealthy choices just to get them to eat and do not keep offering different options other than what was originally served. Continue to offer refused foods. The amount they eat will vary. Switch to skim, 1%, or 2% milk. Children at this age do not need juice. If you choose to give your child juice, then limit to no more than four ounces per day. If your child does not consistently eat from all food groups, offer a multivitamin with iron.

## **SAFETY**

Continue to use an appropriate car seat. Follow the height and weight guidelines on the car seat. Be sure your house is as “child-proof” as possible. Children at this age need constant attention and guidance. They are explorers and have no sense of fear. Get down on the floor and observe from their perspective. Some general guidelines:

Cover outlets, secure electrical cord and make sure blind cords are out of reach.

Make sure all chemicals, medications, cleaners and other hazardous materials are out of your child’s reach.

Watch for hazardous items such as pins, coins, medications and plants.

The kitchen is a dangerous place. Keep knives out of reach. Cook on the back burners to reduce the risk of burns.

Have your child wear a helmet when he or she rides a bicycle or tricycle.

The water heater should be set below 120 F to prevent accidental burns.

Post the Poison Control Hotline on your refrigerator: **1-800-222-1222**.

## **IMMUNIZATIONS**

### **Hepatitis A.**

Possible side effects include:

Fever

More irritability or fussiness

Redness or swelling at the site of the shot

You may give your child acetaminophen or ibuprofen.

## **TOILET TRAINING**

Most children stay dry during the day by age three but some may need more time. Many children still need diapers or pull-ups while asleep. There is no rush. The best approach is a relaxed attitude, allowing your child to let you know when he or she is ready.

## **Next visit at 3 years**

## MEASUREMENTS

**Weight:** \_\_\_\_\_ Lbs \_\_\_\_\_ oz ( \_\_\_\_\_ %)

**Height:** \_\_\_\_\_ inches ( \_\_\_\_\_ %)

**BMI:** \_\_\_\_\_ ( \_\_\_\_\_ %)

## DEVELOPMENT

At this age you may notice your baby:

Climbs up and down stairs

Jumps off the floor with both feet

Copies a circle

Uses a spoon well

Speaks in sentences and asks questions

Counts to three or higher

Joins other children in play

Says "no," tests limits and may have tantrums

## PROMOTING DEVELOPMENT

Think about enrolling your child in preschool. This can help build learning and social skills. If your child is not in school, give him or her chances to play with other kids.

Supervise as your child eats, bathes and dresses, but let your child do more on his or her own.

Avoid baby talk with your child. Speak to them like you speak to other adults and expect that they will understand you.

Continue to set and maintain limits for your child. Be as consistent as possible.

Try to reward desired behaviors rather than always focusing on negative behaviors.

## FOCUS ON FAMILY

This age can be hard, especially if your child is strong willed. Remember that you are the boss. It is normal to feel frustrated at times.

Spend time together as a family. This is good time, if you haven't already done so, to start eating meals as a family.

Try to find time for you and your partner to be alone. Taking care of yourselves will allow you to take better care of your family.

