

Child's Well Visit, 30 Months: Care Instructions

Your Care Instructions

At 30 months, your child may start playing make-believe with dolls and other toys. Many toddlers this age like to imitate their parents or others. For example, your child may pretend to talk on the phone like you do.

Most children learn to use the toilet between ages 2 and 3. You can help your child with potty training.

Keep reading to your child. It helps his or her brain grow and strengthens your bond.

Help your toddler by giving love and setting limits. Children depend on their parents to set limits to keep them safe.

At 30 months, your child has better control of his or her body than at 24 months. Your child can probably walk on his or her tiptoes and jump with both feet. He or she can play with puzzles and other toys that require good fine-motor skills. And your child can learn to wash and dry his or her hands.

Your child's language skills also are growing. He or she may speak in 3- or 4-word sentences and may enjoy songs or rhyming words.

Follow-up care is a key part of your child's treatment and safety. Be sure to make and go to all appointments, and call your doctor if your child is having problems. It's also a good idea to know your child's test results and keep a list of the medicines your child takes.

How can you care for your child at home?

Safety

- Help prevent your child from choking by offering the right kinds of foods and watching out for choking hazards.
- Watch your child at all times near the street or in a parking lot. Drivers may not be able to see small children. Know where your child is and check carefully before backing your car out of the driveway.
- Watch your child at all times when he or she is near water, including pools, hot tubs, buckets, bathtubs, and toilets.
- Use a car seat for every ride in the car. Put it in the middle of the back seat, facing forward. For questions about car seats, call the National Highway Traffic Safety Administration at 1-888-327-4236.
- Make sure your child cannot get burned. Keep hot pots, curling irons, irons, and coffee cups out of his or her reach. Put plastic plugs in all electrical sockets. Put in smoke detectors and check the batteries regularly.
- Put locks or guards on all windows above the first floor. Watch your child at all times near play equipment and stairs. If your child is climbing out of his or her crib, change to a toddler bed.

- Keep cleaning products and medicines in locked cabinets out of your child's reach. Keep the number for Poison Control (1-800-222-1222) near your phone.
- Tell your doctor if your child spends a lot of time in a house built before 1978. The paint could have lead in it, which can be harmful.

Give your child loving discipline

- Use facial expressions and body language to show your feelings about your child's behavior. Shake your head "no," with a stern look on your face, when your toddler does something you do not want her to do. Encourage good behavior with a smile and a positive comment. ("I like how you play gently with your toys.")
- Redirect your child. If your child cannot play with a toy without throwing it, put the toy away and show your child another toy.
- Offer choices that are safe and okay with you. For example, on a cold day you could ask your child, "Do you want to wear your coat or take it with us?"
- Do not expect a child of this age to do things he or she cannot do. Your child can learn to sit quietly for a few minutes. But he or she probably cannot sit still through a long dinner in a restaurant.
- Let your child do things for himself or herself (as long as it is safe). A child who has some freedom to try things may be less likely to say "no" and fight you.
- Try to ignore behaviors that do not harm your child or others, such as whining or temper tantrums. If you react to your child's anger, he or she gets attention for doing what you do not want and gets a sense of power for making you react.

Help your child learn to use the toilet

- Get your child his or her own little potty or a child-sized toilet seat that fits over a regular toilet. This helps your child feel in control. Your child may need a step stool to get up to the toilet.
- Tell your child that the body makes "pee" and "poop" every day and that those things need to go into the toilet. Ask your child to "help the poop get into the toilet."
- Praise your child with hugs and kisses when he or she uses the potty. Support your child when he or she has an accident. ("That is okay. Accidents happen.")

Healthy habits

- Give your child healthy foods. Even if your child does not seem to like them at first, keep trying. Buy snack foods made from wheat, corn, rice, oats, or other grains, such as breads, cereals, tortillas, noodles, crackers, and muffins.
- Give your child fruits and vegetables every day. Try to give him or her five servings or more each day.
- Give your child at least two servings a day of nonfat or low-fat dairy foods and protein foods. Dairy foods include milk, yogurt, and cheese. Protein foods include lean meat, poultry, fish, eggs, dried beans, peas, lentils, and soybeans.
- Make sure that your child gets enough sleep at night and rest during the day.
- Offer water when your child is thirsty. Avoid sodas or juice drinks.
- Stay active as a family. Play in your backyard or at a park. Walk whenever you can.

- Help your child brush his or her teeth every day using a "pea-size" amount of toothpaste with fluoride.
- Make sure your child wears a helmet if he or she rides a tricycle. Be a role model by wearing a helmet whenever you ride a bike.
- Do not smoke or allow others to smoke around your child. Smoking around your child increases the child's risk for ear infections, asthma, colds, and pneumonia. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.

Immunizations

Make sure that your child gets all the recommended childhood vaccines, which help keep your baby healthy and prevent the spread of disease.

When should you call for help?

Watch closely for changes in your child's health, and be sure to contact your doctor if:

- You are concerned that your child is not growing or developing normally.
- You are worried about your child's behavior.
- You need more information about how to care for your child, or you have questions or concerns.

Where can you learn more?

Go to <https://www.healthwise.net/patiented>

Enter **W316** in the search box to learn more about "**Child's Well Visit, 30 Months: Care Instructions.**"

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