

Things to Keep in Mind, continued:

- Supervise your child around cars or machinery.
- Use a bike helmet.
- Listen to your child speak, repeat words to them and use correct grammar.
- Encourage play with other children, but supervise because your child is not yet ready to share and play cooperatively.
- Build your child's independence by offering 2 acceptable choices.
- Encourage toilet training success by dressing in easy-to-remove clothes; place on potty every 1-2 hours and use praise.
- Consider playgroups or preschool programs.

AT 30 MONTHS, YOUR TODDLER CAN:

- Run and climb, walk alone up and down stairs.
- Love to have you read to them, even if they can't sit still for very long. They may love the same story over and over.
- Use many words and make sentences.
- Point to body parts.
- Jump and throw a ball.
- Copy a line with a crayon.

AT 30
MONTHS



TO CONTACT YOUR
MEDICAL HOME:



30 MONTH VISIT

Weight _____ Height _____

Today's Visit

- You will talk about your toddler's growth and development. Your provider will ask for an update on your toddler's health.
- Your toddler will have a physical examination.
- You will have an opportunity to ask questions.

Things you may want to discuss:

- Your toddler's behavior – how to support their learning to be independent, but still set limits.
- Some of your toddler's favorite activities.
- Your toddler's eating and sleeping habits.
- How your toddler talks.
- Changes in your family since your last visit.
- Some things your child can do now that they couldn't do at the last visit.

Next Visit

How to prepare:

- Keep track of illnesses and injuries, including visits to other health providers and the emergency room.
- Note changes in your toddler's eating, sleeping and social behaviors.
- Prepare questions about possible lasting health problems or developmental concerns.
- Don't forget to bring your child's Medicaid or insurance card.
- Share what you have learned at today's visit with other family members and caregivers.

What to expect:

- Your toddler will have a physical examination.
- You will fill in a questionnaire about your toddler's development.
- Your child's vision, hearing and blood pressure will be checked.

Things to Keep in Mind:

- Stay within an arm's reach ("touch supervision") near water, bathtubs, pools, toilet.
- Limit the sun; use sunscreen.
- Continue to use a car seat that is properly fastened at all times and is right for their age, in the back seat.
- Exercise and have fun together as a family.
- Read together every day.
- Continue to keep the child's surroundings free of smoke.
- Keep cigarettes, lighters, matches, alcohol and electrical tools locked up and/or out of sight and reach. Install smoke detectors.
- Remember your child could choke on toys with small parts, coins, beads and marbles.
- Expect normal curiosity about body parts and use correct terms.
- Limit TV and video to no more than 1-2 hours per day, and monitor what your child watches.
- Take time to play with your child and show love. Help your child express feelings.