

# Thirty Month (2 ½ Year) Visit

## NUTRITION

It is normal for many preschoolers to be somewhat picky at mealtime. Preschoolers are very inconsistent about the quantity and variety of what they eat at any particular meal or on any particular day. If over the course of a week, your child is eating a reasonably balanced diet, then he is doing okay. It is important not get into kitchen table battles. You can't force a child to eat. If you tried, you would likely be met with increased resistance. If your child is a picky eater, then desserts and snacks in between meals should be limited. The whole family should eat the same meal. Kids can fill up enough on drinks alone (juice and milk included) to take the edge off their meal time appetites. Inappropriate demands for between meal junk food and drinks should, in general, be ignored. It is good for the whole family if you simply keep non nutritious foods including juice out of the house altogether. What is good for the kids is good for the parents.

## ACTIVITIES WITH YOUR CHILD

1. Encourage family exercise, such as walking, jogging, or bicycling (with helmets).
2. Read books together every day. At this age, children typically are able to follow the story line of simple books and may ask you to read the same book again and again.
3. Limit electronic devices to no more than 1 to 2 hours each day. Monitor the types of shows your child watches. Try to watch with your children. Use TV shows as an opportunity for discussion and communication. Do not put a TV, DVD player or tablet in your child's bedroom.
4. Provide opportunities for your child to play with other children near your child's age. Supervision will be necessary because children this age are not always ready to share and play cooperatively.
5. Expand your child's experiences by visiting museums, zoos, and other educational centers. Make sure they have programs designed for young children.

## SAFETY

1. Maryland law requires children to be in a car seat. Be sure your child's safety seat is appropriate for their age and weight and is properly installed in the back seat, facing backwards for as long as possible. For information on the latest recommendations and considerations, please visit [healthychildren.org](http://healthychildren.org) and search for "Car Seat Safety".
2. Supervise your child carefully when playing outside, including on the playground. Keep your child away from lawnmowers, driveways, and garage doors.
3. Watch your child constantly whenever near water, including bathtubs, play pools, buckets and the toilet. Always be a hand grab away. Be sure that swimming pools in your community, apartment complex or home have a 4-sided fence with a self-closing, self-latching gate.
4. Firearms pose a potentially tragic threat to children of all ages. The best preventative measure is to not keep firearms at home at all. If firearms must be in the home, they must be stored unloaded, in a locked location. Take steps to ensure that firearms are not accessible in other homes where your child may spend time, such as daycare providers', relatives' and friends' homes. Teach your child never to touch a firearm and reinforce this by not allowing toy guns as objects for play.
5. Make sure you have a working smoke detector on every level of your home. Develop an escape plan in the event of a fire in your home. Install a carbon monoxide detector near every sleeping area of your home.
6. Limit time spent in the sun. Put sunscreen (SPF 15 or higher) on your child before he/she goes outside. Use a hat to shade the face, ears, nose and lips.

# R<sub>x</sub> for Healthy Active Living

Name \_\_\_\_\_ Date \_\_\_\_\_

## Ideas for Living a Healthy Active Life

- 5** Eat at least 5 fruits and vegetables every day.
- 2** Limit screen time (for example, TV, video games, computer) to 2 hours or less per day.
- 1** Get 1 hour or more of physical activity every day.
- 0** Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.

## My Goals (choose one you would like to work on first)

- |   |  |
|---|--|
| <input type="checkbox"/> Eat _____ fruits and vegetables each day.    | <input type="checkbox"/> Get _____ minutes of physical activity each day.  |
| <input type="checkbox"/> Reduce screen time to _____ minutes per day. | <input type="checkbox"/> Reduce number of sugared drinks to _____ per day. |

\_\_\_\_\_  
Patient or Parent/Guardian signature

\_\_\_\_\_  
Doctor signature

### From Your Doctor

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