

2- and 3-year Check-Up:

Date: _____ Weight: _____ Height: _____

Development: *By age 2, your child may be ready to:*

- Know at least 20 words; say two-word sentences.
- Run; go up and down stairs one step at a time; jump; kick, throw balls overhead, stack a tower of 4-6 cubes; scribble pictures on paper.
- Help with putting on, and taking off clothing; brush teeth and wash hands with help, and show interest in toilet training.
- Listen to a story and name pictures, have interactive play with dolls, imitate adults.

By age 3, your child may be ready to:

- Know his/her name, age, sex; name friends, 4-6 pictures and 2-3 actions, socialize.
- Broad jump, balance on 1 foot; ride a tricycle; dress and feed him/herself, wash hands, copy straight line, circles and crosses.

If you have any concern about your child's development, language skills, or interaction with his/her surroundings, please discuss with your provider.

Nutrition: Continue healthy eating habits that may stay for later years: Aim for 2 cups of fruit and vegetable per day, plus whole grains, and fish and lean meat in moderate quantities. Limit salt, fat, and sugar by avoiding processed meats (ham, bacon, hotdogs, etc.), sugary foods (including sugar cereals), chips and other fast food. Limit fruit juice to no more than 4-6 oz/day. Do not offer soda.

- Avoid foods that may cause **choking** (hot dogs or chunks of meat, popcorn, nuts, raisins, etc.)
- Give **low-fat milk**, or full-fat soy milk. Limit milk consumption to 2 cups/day. Give other dairy products as cheese, cultured-yogurt.
- **Your child should be weaned from bottles** by now. Absolutely do not put your child to bed with a milk or fruit juice bottle, as this can cause tooth decay.
- Many children eat less at this age. Let your child decide how much to eat. Forcing your child to eat when he/she is not interested can only result in frustration and bad eating habits. Rather than giving frequent snacks, wait for the child to be hungry enough to enjoy a variety of healthy foods at the next regular family meal time. Do not use food as reward for good behavior.
- Continue **Vitamin D3** supplementation (400 units/day) (and fluoride, if indicated)
- Make efforts to have relaxed meal time for the whole family at least once a day.

Safety: Accidents are the #1 cause of deaths among American children. Some environmental toxins have life long ill effects. Here are some common practices to prevent accidents:

- **Prevent burns:** Make sure your child cannot grab hot pans, curling irons, and coffee or tea cups. Place plastic plugs in all electrical sockets. Install and check smoke detectors regularly. Keep hot water thermostat set at 120 degrees
- **Prevent accidental poisoning:** Keep cleaning products and medications in locked cabinets out of your child's reach. Many indoor and outdoor plants can be poisonous. Keep **Poison Control Center** phone number handy: 1-800-222-1222.
- **Store any guns** unloaded in a safe place, out of reach from any child or teen.

- Keep **sharp objects** (pens, pencils, scissors, sticks, etc) away from your toddler; never allow your child to walk or run holding them. Keep small objects that can be swallowed out of reach (coins, small toy parts, etc.)
- **Avoid falls:** put locks or guards on all windows; supervise your child near play equipment and stairs. If your child is climbing out of his/her crib, switch to a toddler bed.
- Always supervise your child when he/she is near **water** (pool, bath tub, pond, etc.), and **animals**, including house pets, as children at this age are naturally curious and get excited easily.
- **Car safety:** Use a car seat for every ride. Place it in the back seat, rear-facing, for greatest safety. Never leave your child alone in the car or in the house. Drivers can't see small children, so watch your child all the times near the street, driveway, or parking lot.
- Use **sunscreen** (SPF 15), hat, pants and long-sleeved shirts when outdoors for sun protection.
- **Do not expose your child to smoking.**
- **Limit the use of plastic** for food storage or microwave heating. Plastics #3, 6 and 7 are particularly toxic.

Healthy Habits and Positive Parenting:

- Brush your child's teeth everyday with a tiny dot of fluoride toothpaste.
- Put your child to bed at a regular time, at least no later than 8 pm. Maintain a "**bedtime routine**". If your child wakes up in the middle of the night, go in for reassurance and comfort, but it may not be a good idea to pick up and/or bring your child to your bed!
- **Read stories** daily, play music and songs, talk and play matching games with your child; encourage him/her to play with other children, and enjoy the outdoors. Feed his/her curiosity by exploring new things and learning new words.
- **Limit TV or videos** (even children's programs) to no more than half an hour per day.
- By 2 years of age, your child should have had the following **vaccines**: 4 doses of DTaP, 3 polio, 1 Measles/Mumps/Rubella (MMR), 1 chickenpox, 3-4 Hemophilus b and pneumococcus, 3 hepatitis B virus, and 1-2 hepatitis A virus. Be sure that your child is up to date on all of them.
- **Temper tantrums** are a child's way to express frustration, disappointment or anger, thus are normal part of growing up. Discipline your child when appropriate, especially when it comes to maintaining safety. Be consistent. Say "no" firmly, and then physically move your child from the dangerous situation. Do not yell, spank, or shake your child. Ask your provider for more help if your child's behavior is a significant problem.
- Give praise and hugs for good behavior. Be understanding and show affection.
- Occasionally, take a break from your child, if the child can be entrusted to a family member or babysitter: it takes a lot of patience to raise a child; you and your spouse need (and deserve) some time for yourselves once in a while. Don't feel guilty.

Next regular check up: Yearly, around your child's birthday.

Benton Health Center	Lincoln Health Center	Monroe Health Center	East Linn Health Center
530 NW 27 th Street	121 SE Viewmont Ave.	610 Dragon Drive	100 Mullins Drive #A-1
Corvallis, OR 97330	Corvallis, OR 97333	Monroe, OR 97456	Lebanon, OR 97355
(541) 766-6835	(541) 766-3546	(541) 847-5143	(541) 451-6920