

## WELL CHILD: THE 2 ½ YEAR OLD (1 OF 2)

VIRGINIA MASON FRANCISCAN HEALTH – PEDIATRICS AND ADOLESCENT MEDICINE  
<https://www.vmfh.org/our-services/primary-care-in-person-and-virtual-care/pediatric-care>

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Name \_\_\_\_\_ Weight \_\_\_\_\_ lbs. \_\_\_\_\_ oz.  
Date \_\_\_\_\_ Length \_\_\_\_\_ in.  
Head Circumference \_\_\_\_\_ cm.

### NUTRITION

- Continue to be aware of choking foods.
- Minimize mealtime battles. Your job is to provide healthy food; your child's job is to determine how much of it to eat. Eat together as a family with no TV!
- Model good nutrition, encourage trying new food.
- Give a vitamin D supplement (600 IU per day) if your child takes less than 16 oz. of milk per day. Avoid giving more than 24 oz. of fortified milk per day; offer water instead between meals. Avoid juice and sweetened drinks.
- Continue to see a dentist regularly. Brush your child's teeth twice daily. A grain of rice-sized amount of toothpaste should be used. Your child should no longer be using a bottle, particularly in bed. Overnight feedings are unnecessary and cause tooth decay.
- If constipation becomes a problem, offer water, apricot, pear, or prune juice. If your child does not drink water with fluoride, ask me about fluoride.

### DEVELOPMENT FROM 2-3 YEARS

- Climbs well, walks up and down stairs alternating feet, kicks ball, and runs easily. Draws vertical, horizontal and circular strokes with a pencil.
- By age 3 has a vocabulary of 50 or more words, using 2–3 word sentences, pronouns (I, me, you, we). Stuttering is common. Understands on, in, under. Refers to self by name.
- Imitation and active imagination.
- Curiosity about body parts. Learning to dress self.
- Washes and dries hands, loves water play.
- If you have any concerns about your child's vision or hearing, please let me know.

### PARENTING

- Give your child chances to play with other toddlers. Supervise closely because your child may not be ready to share or play cooperatively.
- Offer your child and their friend multiple items that they may like. Children need choices to avoid battles. Give your child choices between 2 items your child prefers. More than 2 is too much for your child.
- Limit TV, tablet, or smartphone use to no more than 1 hour of high-quality programs each day. Be aware of what your child is watching.
- Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.
- Read books together every day. Reading aloud will help your child get ready for preschool. Take your child to the library and story times.
- Listen to your child carefully and repeat what they say using correct grammar. Give your child extra time to answer questions.
- Be patient. Your child may ask to read the same book again and again.

### GUIDANCE/SAFETY

- If there are guns in the home, lock ammunition separately. Talk to your children about gun safety. For more tips on firearm safety, go to [www.healthychildren.org/English/safety-prevention/at-home/Pages/Handguns-in-the-Home.aspx](http://www.healthychildren.org/English/safety-prevention/at-home/Pages/Handguns-in-the-Home.aspx).
- In case of ingestion of poisons, call the Poison Control Center immediately. Post this number by your phone: 1(800)222-1222. Do not use syrup of ipecac. Visit [poison.org](http://poison.org) for more information.
- Make sure the car safety seat is installed correctly in the back seat. Keep the seat rear facing until your child reaches the highest weight or height allowed by the manufacturer. The harness straps should be snug against your child's chest.

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- Everyone should wear a lap and shoulder seat belt in the car. Don't start the vehicle until everyone is buckled up.
- Never leave your child alone inside or outside your home, especially near cars or machinery.
- Have your child wear a helmet that fits properly when riding bikes and trikes or in a seat on adult bikes. Keep your child within arm's reach when she is near or in water.
- Empty buckets, play pools, and tubs when you are finished using them.
- When you go out, put a hat on your child, have them wear sun protection clothing, and apply sunscreen with SPF of 15 or higher on her exposed skin. Limit time outside when the sun is strongest (11:00 am–3:00 pm).
- Have working smoke and carbon monoxide alarms on every floor. Test them every month and change the batteries every year. Make a family escape plan in case of fire in your home.
- If you need assistance, [helnegrowwa.org](http://helnegrowwa.org) is available to help with food resources, transportation, clothing, employment, housing, or other support.

### TOILET TRAINING

- Watch for signs of readiness which would include: waking up dry in the morning or from naps, awareness prior to urinating and stooling, interest in toilet activity. Get a potty chair (floor level) and a foot stool for comfortable seating on the toilet. Talk about toilet activity.
- When your child looks interested, or is squirming, or wakes up dry, enthusiastically say, "Let us see if pee or poo comes out," and proceed to the toilet. If there is resistance, slow down. If there is any success or interest, commend and praise your child.
- When appropriate, let your child have "diaper free" time indoors and outdoors.

### IMMUNIZATIONS

- You may find detailed information about vaccines, including our recommended schedule and links to the CDC's Vaccine Information Statements.
- We recommend influenza vaccination every year for all infants (age 6 months and up), children, adolescents, and adults. Visit [flu.gov](http://flu.gov) for more information and visit <https://www.vmfh.org/our-services/primary-care-in-person-and-virtual-care/pediatric-care> every fall for flu vaccine clinic information.

#### Acetaminophen (Tylenol)

Child's Weight	Infants' or Children's suspension (160 mg/5 mL)	Children's chew tab (80 mg each)
18–23 lbs	3.75 mL (¾ tsp)	
24–35 lbs	5 mL (1 tsp)	2 tablets
36–47 lbs	7.5 mL (1½ tsp)	3 tablets

Acetaminophen may be given every 4 hours but not more than 5 times in 24 hours. Please call the office if a fever persists for more than 2 days or if you have any questions about your child's illness or vaccine side effects.

#### Ibuprofen (Advil, Motrin)

Child's Weight	Infant drops (50 mg/1.25 mL)	Children's suspension (100 mg/5 mL)	Children's chew tab (50 mg each)
18–23 lbs	1.875 mL	3.75 mL (¾ tsp)	
24–35 lbs	1.25 mL + 1.25 mL	5 mL (1 tsp)	2 tablets
36–47 lbs	7.5 mL (1½ tsp)	7.5 mL (1½ tsp)	3 tablets

Ibuprofen may be given every 6 hours and not more than 4 times in 24 hours. PLEASE CHECK THE CONCENTRATION OF THE IBUPROFEN YOU ARE USING.

### NEXT VISIT

- Please make an appointment for when your child is 3 years old.

### BOOKS / RESOURCES

- *How to Get Your Kid to Eat ... But Not Too Much* by Ellyn Satter
- *Emotional Life of the Toddler* by Alicia F. Lieberman