



## **2-YEAR DEVELOPMENT QUESTIONS**

1. Does your child run well?
2. Has your child started to climb up and down steps?
3. Can your child kick a ball?
4. Does your child know how to say at least 40-50 words?
5. Has your child shown any interest in potty training?
6. Does your child know the names of at least 5 body parts?
7. Does your child use a few 2-word phrases?
8. Can your child follow verbal directions?

## **LEAD EXPOSURE QUESTIONS**

1. Does your child live in or regularly visit a house built before 1978 with peeling or chipping paint?
2. Does your child live in or regularly visit a house built before 1978 with recent or ongoing remodeling?
3. Does your child have a brother, sister, housemate, or playmate who has had lead poisoning?
4. Does your child live with an adult whose job or hobby involves exposure to lead (such as plumbing, furniture refinishing, pottery, or auto repair)?

## **TUBERCULOSIS QUESTIONS**

1. Has your child been exposed to a person with known or suspected tuberculosis?
2. Has your child lived in a high-risk area such as Asia, Africa, the Middle East, or Latin America?
3. Does your child have contact with a person who regularly visits a high-TB-risk country?
4. Does your child have contact with institutionalized persons, HIV-infected people, or drug users?

## **NUTRITION**

Mealtime should be a pleasant family time. Yet most parents have problems at one time or another with their child's mealtime behavior. Perhaps your child frequently leaves the table, throws food, doesn't use utensils, refuses to eat then constantly demands snacks, is a slow or picky eater, rushes through the meal, or cries or throws a tantrum during meals.

Mealtime is the time to teach your child the kind of table manners and behavior you want her to learn.

Your child should learn one set of manners, appropriate at all meals – whether eating at home, with company, at a restaurant, or at someone else’s house.

The following guidelines can help you teach your child appropriate mealtime behavior. If you follow the guidelines *consistently*, mealtime will no longer be a problem. You and your child will enjoy mealtime and will be able to look forward to it as a special time you have together.

*Establish sit-down, family-style meals, where everyone sits down together to eat.*  
Turn off the television.

*Set a reasonable time limit for each meal.*  
20-30 minutes is a good amount. You may use a portable kitchen timer to indicate when the meal is over.

*Establish a set of mealtime rules for your child.*  
Some examples: 1. Remain seated. 2. Use your silverware, not your fingers. 3. Don’t throw food. 4. Close your mouth when you chew. Rules should be reasonable, based on the age of your child. Don’t expect a young child to learn all the rules quickly. Start with two or three rules. After your child has learned to follow them, add a few more rules gradually, until you have introduced all the rules you plan to teach.

*Tell your child the rules (using a gentle tone) once at the beginning of each meal until the child has learned to follow them consistently.*  
Don’t nag your child about the rules.

*Give your child small portions of preferred foods – an amount you are sure the child will eat.*  
You can always give more. At first, give a small amount that your child must eat to succeed, and then praise your child for eating it. Then gradually increase the quantity and the types of food you want the child to try. Do not make your child “clean the plate.”

*Do not carry on conversations with another adult for longer than a few minutes at a time.*  
Include your child in conversations and talk about things that you know interest your child. Make sure you do not nag, threaten, or warn during mealtimes. Use mealtime as an opportunity to praise your child for appropriate behaviors throughout the day and to teach your child how to behave in a social situation.

*Be sure to praise your child for appropriate behaviors (such as using utensils, sitting quietly, talking nicely, etc.) whenever they occur throughout the meal.*  
You can’t praise too often! Praise is how you teach your child what behavior pleases you.

*If your child breaks a rule, have the child practice the correct behavior.*  
The third time your child breaks any rule, use discipline. Time-out is one good way to teach your child the rules at meals. Put your child in time-out for misbehaviors as many times as necessary until the time limit for the meal is up.

*When the time for the meal is up, clear the table regardless of whether your child is finished.*

Don't say anything to your child beyond announcing that the meal is over. Once your child is usually staying at the table and finishing meals on time, you can stop using the timer.

*If your child did not finish the last meal (either because the child refused to eat or because the child was in time-out and ran out of time), do not offer dessert and do not allow your child to eat or drink anything except water until the next meal.*

If your child whines and constantly asks for snacks, place the child in time-out.

*Even under normal circumstances, limit snacks.*

If you allow your child to fill up on snacks, the child will not be hungry at mealtimes. Give snacks that have nutritional value (such as carrot sticks, raisins, fruit, etc.) rather than junk food. You will also be teaching your child good eating habits this way.

*When your child has learned to follow your mealtime rules consistently, you no longer need to go over them at the beginning of each meal.*

It is, however, still a good idea to review the rules from time to time. The best way to do this is to "catch them being good" and remind your child of a rule by praising him for following it.

## **DENTAL CARE**

As your child gets new teeth, be sure to clean them twice a day. At this age, cleaning them with a soft-bristled toothbrush and a pea size amount of toothpaste that contains fluoride is recommended. And, as always, no food or drink in bed!

## **DISCIPLINE & TEMPER TANTRUMS**

Children at this age start learning many new words. You can help your child's vocabulary grow by reading with your child, and by showing and naming lots of things. Encourage play, both quiet and active, and discourage television viewing. "Pretend play" is a great activity at this age. Children can be taught simple household chores, such as picking up their toys, at this age. Be sure to praise your child when she behaves well; this will help encourage and promote the behavior.

Toddlers often seem out of control, or overly stubborn or demanding. At this age, children often say "no" or refuse to do what you want them to do. Here are some good methods for helping children learn about rules and to keep them safe:

*Childproof your home.*

Go through every room in the house and remove anything that is valuable, dangerous, or messy.

Preventive childproofing will stop many possible discipline problems. Don't expect a child not to get into things just because you say "no."

*Divert and substitute.*

If a child is playing with something you don't want him to have, replace it with another object or toy that he enjoys. This approach avoids a fight and does not place children in a situation where he'll say "no."

*Teach and lead.*

Have as few rules as necessary, and enforce them. These rules should be rules important for the child's safety. If a rule is broken, after a short and clear explanation, punish immediately by having the child sit alone for 2 minutes. It is very important that punishment come immediately after a rule is broken.

*Be consistent with discipline.*

Don't make threats you can't or won't carry out. If you say you're going to do it, do it.

## **TOILET TRAINING**

Some children at this age are showing signs that they are ready for toilet training. When your child starts reporting wet or soiled diapers to you, this is a sign that your child prefers to be dry. Praise your child for telling you. Toddlers are naturally curious about other people using the bathroom. If your child seems curious, let him go to the bathroom with you. Buy a potty chair and leave it in a room in which your child usually plays. It's important not to put too many demands on your child or shame her about toilet training. When your child does use the toilet, let her know how proud you are.

## **SAFETY TIPS**

### **Prevent Fires and Burns**

- Check your smoke detector (replace the batteries if necessary) and practice a fire escape plan.
- Put plastic covers in unused electrical outlets.
- Keep hot appliances and cords out of reach.
- Keep all electrical appliances out of the bathroom.
- Don't cook with your child at your feet.
- Use the back burners on the stove, with pan handles out of reach.
- Turn your water heater down to 120 degrees F.
- Use sunscreen if your child will be outside playing. We recommend an SPF of at least 30.

### **Prevent Drowning**

Never leave an infant or toddler alone in a bathtub. Continuously watch your child around any water, including toilets and buckets. Keep toilet seats down and store buckets upside down.

### **Avoid Choking and Suffocation**

Keep dangling cords (drapes, electrical) out of reach. Tie plastic bags in knots and keep them out of reach. Children can get them around their necks and may choke.

### **Prevent Poisonings**

Keep medicines, vitamins, cleaning supplies, and gardening chemicals locked away. Install safety latches on cabinets. Keep the **Poison Control Center** phone number, **412-681-6669**, on all phones.

### **Firearm Safety**

Keep guns locked and unloaded, and keep ammunition stored separately.

### **Passive Smoke Exposure**

We also caution against passive smoke exposure of any kind. Our recommendation for the health of your baby is no smoking. The more smoke your child is exposed to, the higher her chance of developing more colds, lung infections, ear infections, allergies, asthma problems, and cancer. The best thing for your child's health is for you not to smoke at all. Even if you don't smoke near your child, chemicals from smoking stay with you on your clothes and on your body. If you must smoke, smoke outside the house, never inside or in the car. Even if your child is in another room or not in the car at the moment, he will still be exposed to lingering harmful chemicals later.

### **Help Avoid Falls**

Lock doors to dangerous areas like the basement and garage. Have guards on windows, or keep them locked – window screens will NOT prevent a child from falling out the window. Never underestimate your child's ability to climb!

## **WALK-IN HOURS**

We now offer no-appointment necessary Walk-In Hours, all offices:

**Weekday Mornings, 8:15 to 9:30am** at Pleasant Hills and Squirrel Hill/Greenfield

**Weekday Evenings, 6:30pm to 8:00pm**

Monday, Tuesday, Wednesday at Pleasant Hills.

Monday & Thursday at Squirrel Hill/Greenfield.

**All Day, Every Week Day** at Cranberry/Seven Fields

These hours are to address routine health problems such as sore throat, cold symptoms, fever, rash, and ear pain. They are not designed to evaluate chronic problems. If your child is older than 4 months and has had symptoms fewer than 3 days, you can be seen on a first-come, first-served basis.

## **QUESTIONS & CONCERNS**

If you feel you need additional advice between regular check-ups, you can post questions to our Facebook page or telephone us during office hours. Facebook, where we answer questions sometimes as quickly as in a few minutes, is a great place to ask about general, non-pressing issues. For more detailed

and pressing health issues, it's best to call. Either way, we're always happy to provide counseling and guidance. (It's both our job and our pleasure!)

When calling after office hours, your call will be answered by an answering machine. If you have a concern that can't wait for regular office hours, please leave your name, your child's name (with spelling), and your phone number, and we'll return your call usually within an hour or so. If you have an emergency that requires an ambulance or paramedics, call 911 *first*. If you have an emergency that can't wait for a call back and need to have the doctor urgently paged (such as seizures, respiratory illness with labored breathing, suspected dehydration, or similar conditions), the recorded message will give you the answering service's phone number, and they can reach the doctor on call for the emergency.

### **AND REMEMBER...**

We have a wonderful, 24/7/365 resource for parents at our **Kids Plus Facebook Page**. Like us on Facebook, and follow along with our great Kids Plus Social Media Community!

*We look forward to seeing you at your 30-Month Well Visit!*

