

Well Child Visit: 24 months  
General Pediatrics Department, Naval Medical Center Portsmouth  
**After Hours Pediatric Advice Line 628-8805 Poison Control 1-800-222-1222**  
**Appointments or Referrals 1-866-MIL-HLTH How do I call my doctor? 953-7716**

Date: \_\_\_\_\_ Your Child saw Dr. \_\_\_\_\_ today  
Weight: \_\_\_\_\_ kg ( \_\_\_\_\_ %) \_\_\_\_\_ pounds  
Length: \_\_\_\_\_ cm ( \_\_\_\_\_ %) \_\_\_\_\_ inches Head Circ: \_\_\_\_\_ cm ( \_\_\_\_\_ %)

**Caring for your young child:**

**Dental Care:** Brush your child's teeth twice a day with a soft toothbrush and water only. To prevent cavities, avoid frequent snacks, sugary drinks, and provide no more than 4 ounces of juice daily. Your child should drink only from a cup. If your child has not seen the dentist, make an appointment now. If your child takes liquid medications, be sure to brush your child's teeth after giving the medication.

**Stick to a bedtime routine:** Create a consistent bedtime routine with a "wind down" time before bed. Your child will be transitioning from a crib to a toddler bed. If your child wakes up at night and cries, check to see that your child is safe, and allow your child to put him or herself back to sleep. If your child wanders into your bedroom, quietly return him or her to their own bed.

**Meal times:** Offer three meals daily and healthy snacks in between. Have your child sit in a highchair or booster seat while eating. Do not allow walking around, running or excitement during meal time. Encourage your child to feed him or herself with fingers or a spoon. If your child is a picky eater, keep serving sizes small, and continue to offer new foods.

**Pacifiers:** Your child should no longer need a pacifier. If your child still uses a pacifier, it should be limited to only sleep times.

**Toilet Training:** Your child may be ready to start toilet training if he or she shows interest in the toilet, can stay dry during a nap, and expresses awareness of a diaper being wet or soiled. Toilet training is a slow process- praise success and do not punish accidents. Have your child sit on the potty at times he or she may normally have a stool. Make sure to let your doctor know if your child has constipation, or hard stools, as this may make toilet training more difficult.

**Smoking:** Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, SIDS, asthma and respiratory infections. Second-hand smoke lingers on clothes and everywhere a person has smoked (in the house/car). Never smoke while holding your child. For your child's health, if you smoke, consider quitting.

**Development and your young child:** Over the next few weeks, you can expect your child to

- Say about 50 words, put two and three words together, name everything that he or she sees often, and ask many questions, such as "why?" and "what's that?"
- Walk, run, climb, kick a ball, turn a door knob to open a door, and walk up and down stairs without help
- Have difficulty sharing; sometimes show anger by slapping, kicking or biting
- Will start to use one hand more than the other for tasks, demonstrating handedness
- Point to seven body parts and make a tower of eight blocks
- Begin to use crayons with more control besides just scribbling
- Play with a doll or stuffed animal by "taking care of it" - feeding it, rocking it, hugging it

**Playtime:**

- Great toys at this age are blocks to stack, balls, simple puzzles, and books with hard pages.
- Read to your child everyday. Your child will start to name the objects in a book without prompting.
- Your child will enjoy chase-me, catch-me and find-me games.
- Your child will enjoy playing in sand, dirt and water. Be sure to monitor your child closely when playing with water, even in a shallow container. Children can drown in less than 2 inches of water.
- Your child will enjoy copying and mimicking your activities- cleaning, driving, and talking on the phone
- Television is not a good babysitter. Do your young child a favor, and turn off the television, except for special programs. When your child does watch television, talk about what he or she is watching.

## Safety:

1. **Falls and injuries:** Falls cause many injuries in mobile children. Use secure gates at the top and bottom of stairways. Use guards on windows. Use safety latches on cabinets and drawers. Keep sharp objects in a secure place. Keep a constant close eye on your child.
2. **Choking:** Avoid toys with small parts that can fall out/off or be removed. Avoid small hard foods like peanuts, popcorn, whole grapes or hotdogs. Keep balloons, coins, plastic bags, and medications out of the reach of your small child. Your child will place any and all things in their mouth. Keep window blinds and curtain cords out of reach- these can strangle young children.
3. **Burns:** Never leave cups of hot liquids on table/counter edges. Use your smoke alarm and check it monthly. Place your child in a highchair, crib or playpen when cooking. Do not leave a hot iron accessible with a dangling cord.
4. **Car accidents:** Your child should always ride in a properly-installed car seat, even on short trips. The safest place for the car seat is in the center of the back seat. Be a good example and always wear your seatbelt in the car. Never leave your child alone in the car, not even for "just a second."
5. **Sun:** Keep your child in the shade when possible, and keep his/her head covered with a hat. Use sunscreen on sun exposed areas, avoiding the hands.
6. **Drowning:** Never leave your child alone, or in the care of another small child, *in or near* a bathtub, toilet, bucket of water, swimming pool, or at the beach. Learn CPR.
7. **Poisoning:** Many things can poison children. Watch out for garden and house plants, hair products and cosmetics, and gasoline, insecticides, and cleaning products.

## **Don't get caught up in the "terrible twos":**

- Your child will explore everything, and needs to explore in order to learn. Your child does not know that this exploring can be dangerous or cause accidents. Talk to your doctor about creating safe home for your child to explore. Anticipate that you or a caregiver will ***need to keep a close eye on your child at all times.***
- Set reasonable limits for the safety of your child. You can use a verbal "no," distract, or remove objects from your child's sight. Never use physical punishment.
- Use serious punishment only for misbehavior where real danger exists. Avoid slapping hands or spanking. Use a 2 minute time out, choosing a location that is dull, but safe and non-frightening.
- ***Be consistent!*** All caregivers should discuss and agree on what is acceptable and unacceptable behavior.
- Young children have short memories and may repeat a behavior several times before they learn.
- Praise good behavior, such as "I like it when you help me pick up your toys." Don't give rewards after tantrums.

## Illness concerns:

- ***Fever:*** Fever is a common reason for bringing young children to the emergency room or clinic. If your child has a fever, but is otherwise acting well, you may give your child Tylenol or Motrin. Both viral and bacterial infections can cause a high fever. The temperature of a child with a fever is less concerning than how the child is behaving overall. If a fever lasts for more than 48-72 hours, but your child is still well appearing, call the clinic for further guidance.
- ***Use of the emergency room(ER):*** Your young child should be brought to the ER if he/she does not look well, is unusually sleepy or inconsolable, is vomiting persistently or excessively, vomits anything green or bloody, is working hard to breathe, is dehydrated or has less than one wet diaper every 6-8 hours, or for other parental concerns.

Your child's Tylenol dose is \_\_\_\_\_ mg or \_\_\_\_\_ ml of Children's Tylenol (160 mg/5 ml) every 4-6 hours

Your child's Motrin dose is \_\_\_\_\_ mg or \_\_\_\_\_ ml of Children's Motrin (100 mg/5 ml) every 6-8 hours

## Immunizations

Your child's immunization schedule will be reviewed at this visit. Your child will be given any immunizations to ensure that he or she is completely up to date with their vaccines. The Influenza vaccine is recommended for all children over six months of age during Flu season.

## **Next Visit**

Bring your child in at 3 years of age for an exam and vaccinations. Always bring your child's immunization card to the clinic. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.