



# Town and Country Pediatrics

1460 N. Halsted #402 Chicago, IL 60642 (312)279-8900  
6374 N. Lincoln #204 Chicago, IL 60659 (773)478-1067  
2401 W. Ravine Way #103 Glenview, IL 60025 (847)998-8806  
www.townandcountrypeds.com

## Your Two 1/2 Year Old Toddler

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

Weight \_\_\_\_\_ Length \_\_\_\_\_ Head Circumference \_\_\_\_\_

Percentile \_\_\_\_\_ Percentile \_\_\_\_\_ Percentile \_\_\_\_\_

### Diet:

- Offer a variety of healthy table foods diced into small pieces. Let your child feed himself with a utensil or fingers. 1 tbsp of food per year of age is a fair measure. He should be exclusively using a cup.
- Avoid giving any large pieces of food, raw carrots or celery, chips, popcorn, nuts, seeds, whole grapes, or hot-dogs that your toddler may choke on.
- Offer 3 regular meals and healthy snacks. It is your child's job to decide how much to eat and even if to eat at all. Make feeding time happy. Family meals are an excellent way to support language and social development in the young toddler. Eat together as often as possible.
- Growth in toddlers is sporadic and their appetites follow. Expect appetite slumps and food jags (preference for the same foods at every meal). Do not force your toddler to eat. Offer healthy choices. Limit fatty foods, sweets and juice intake. No sticky fruit snacks!!!
- During an appetite slump, do not play short order cook and prepare another meal in hopes your toddler will eat it. It is difficult, but wait until the next meal to feed him.
- Your toddler should drink 16-20 oz. of 2% milk each day. Too much milk can lead to picky eating.
- Multivitamins may be used if your toddler's diet is consistently inadequate.
- If you have a family history of food allergies, please consult our office



before introducing foods that contain peanuts.

### Sleep:

- A regular bedtime routine is very important to toddlers. The average toddler sleeps 13 hours/day. It is normal for your toddler to sleep more or less than the average.
- Most toddlers take 1 nap a day. If your toddler is resistant to the nap, it is still important to have a quiet period of rest at a scheduled time each day.

### Development: (30-36 months):

- The most important reason for a 2 1/2 year checkup is to assess the development of language and social communication. Your 2 1/2 year old routinely uses short sentences of 3-4 words, and his/her speech is 50% intelligible. Give your child plenty of time to respond when you say something to him.
- Listen to your child and expand on his own unique language. Clearly repeat what he says, using correct grammar. If necessary, clarify what he means, using correct grammar. Toddlers love rhyming games and simple songs with rhythm and accompanying movement.
- Your toddler will run, jump in place, walk up and down stairs, may pedal, kick a ball, throw a ball overhand, may dress him/herself with help
- He may use spoon/fork, copy a circle, copy a vertical line, stack 8 blocks, brush teeth with help



- She enjoys interactive play, knows her name and age, she may count and name a few shapes and colors, she may ask “What’s that”, and know the correct action for a selected animal (cat meows, bird flies)
- Pretend play with your toddler. Play hospital, zoo, store, barber shop, restaurant, or airport with your child. Use puppets. These activities help build creativity and help your child with life situations. Children this age love to feed a dolly, talk on the phone, sweep the floor, clean the windows- they love to help you clean!
- This age is often the age when parents begin to consider what sort of early education experience is best for their child. Think about behavioral style, developmental readiness and parental goals.

### **Safety:**

- Remember toddlers are very curious and can get into anything! Use locks on the toilets, cabinets, and appliances.
- Burns, falls, choking, drowning, and poisonings are the biggest hazards in your toddler’s environment. Install 2<sup>nd</sup> floor window gates.
- Guns are dangerous! Keep guns and ammunition locked in separate places.
- Never leave your toddler unattended in the house, car, or yard.
- In case of accidental ingestion or poisoning or for free poison prevention information, call the Illinois Poison Center at (800) 222-1222.
- Use a properly fitted bicycle helmet if you take your toddler on a bike ride.
- Use an age/weight appropriate “Type 1 or 2” life jacket whenever around any water.
- Bubble baths are not recommended- they can be associated with urinary tract infections.

### **Other Things to Keep in Mind:**

- Schedule dental visits every 6 months.
- Use a small soft toothbrush and a small dab of fluoridated toothpaste to clean your toddler’s teeth everyday especially at night.
- Limit the amount of TV and monitor the types of shows your child watches. The tv programming should be interactive..think PBS kids or read books to your toddler everyday instead!



- Use PABA-free sunscreen with SPF >15.
- Encourage family exercise such as walking, swimming, or bicycling with a helmet.

### **Potty Training:**

- Signs of readiness to use the potty or toilet usually are seen by 27-30 months of age. Mastery of the potty may not come until 3 years of age.
- To successfully potty train your toddler needs to... be aware of impending urination or defecation, have periods of prolonged dryness, be able to pull loose fitting clothing on and off, be able to climb on and off the potty chair, imitate simple tasks, and communicate the need to use the potty chair.
- Have a potty-chair available to your toddler, but do not push your toddler into training. Praise your toddler for any effort.
- If your child is constipated or has regular hard stools with straining...this may interfere with toilet training. Call the office!

### **Behavior/Discipline:**

- Encourage your toddler’s independence; offer 2 acceptable choices when possible while retaining your parental authority and rules.
- At this age, a new sense of order emerges that may be repetitive and perfectionistic. For example, lining up toys or placing crayons in a specific color order or always wearing the same pair of shoes. Most likely, a passing phase!
- Be consistent. Praise good behavior. Avoid too many rules. Say “No” then physically move your child from a dangerous situation. Do not yell or spank. Be a good role model.
- Play with peers continues to be more often parallel rather than collaborative. Play activities that have an easily recognized theme and sequence of actions (e.g. the tea party, and tag) are great for getting 2 ½ year olds to play together.
- All children have tantrums at some time. It is their way of expressing anger and frustration. Tantrums increase when your toddler is tired, sick, or hungry. Ignore attention-seeking tantrums – do not try to reason with your toddler.



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- Use time-outs for disruptive tantrums or unacceptable behavior. A minute per year of age is a good guideline.
- A good reference for toddler discipline is “One, Two, Three, Magic”.
- Many toddlers at this age have fears about unexplained changes in their physical environment and unexpected events. Bathtime or bedtime are common fears. Support the routine.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Tests/Immunizations for Today:

- In most cases, none are needed. There may be catch up vaccinations.
- You will be given a developmental questionnaire to complete at home and mail back to our office.

### At the 3 year check-up:

- Your toddler will have a physical examination. Your questions and concerns will be answered.
- You will be given a developmental questionnaire to complete at home and mail back to our office.

### Children’s Acetaminophen Dose:

Every 4-6 hours & no more than 4 doses/day  
24-35 lb. = 1 tsp.

### Children’s Ibuprofen Dose:

Every 6-8 hours  
24-35 lb. = 1 tsp.



### Additional Instructions:

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