



24 Month Old Well Child Visit

Center for Child & Adolescent Health
St. Christopher's Hospital for Children
(215) 427-5985



What will happen today:

- ◆ You and your doctor will talk about your parenting, your home, your health and safety as well as your child, and keeping your child happy and healthy.
- ◆ Your child might receive shots and height and weight will be measured.
- ◆ Talk about potty training and if your child is ready.
- ◆ Talk about eating and sleeping habits.

Potty Training

There is no set time to start potty training your child. Some children aren't ready to use the potty until they are 30 months old and that is okay! And often, they stay dry during the day before they stay dry at night.

Signs your child may be ready:

- Stays dry for at least 2 hours during the day.
- Can follow easy commands.
- Can walk to and from the bathroom.
- Doesn't like going to the bathroom in his diaper.
- Asks to use the potty.
- Asks to wear "big kid" underwear.



Tips to get started:

- Decide on words to use to talk about urine and stool.
- Use a potty chair small enough for their feet to touch the floor.
- Always praise your child when they say they need to go potty.
- Make scheduled potty trips during the day.
- Try training pants when your child has been successful a few times.

Terrible Twos

When your child is upset, he might have a temper tantrum. This is normal in children that are 1-3 years old. The good news is they often "grow out" of it by 4 years old!

What to do:

- Stay calm. If you get mad, it is okay to leave the room.
- Put your child in time-out to calm down.
- Ignore the bad behaviors like crying and screaming. Paying attention encourages him to act out.
- Do NOT ignore hitting, kicking, or throwing things. If this happens, hold your child gently but firmly and say "no."
- Be ready to go home if he is acting out in public.

What NOT to do:

- **NEVER HIT OR "POP" YOUR CHILD.**
- Do NOT give in to your child when they are acting out; this will encourage him to have tantrums again.
- Do NOT talk too much during the tantrum. You cannot reason with a screaming child.

Other Tips:

- Make sure your child gets attention for good things.
- Set limits for your child and make sure all caretakers follow the same rules.
- Do not say "no" too much. Give your child some sense of control by giving choices when you can.
- Warn your child a few minutes before you are changing activities.
- Make sure your child gets enough sleep.
- Set a good example! Your child will copy the behaviors he/she sees.


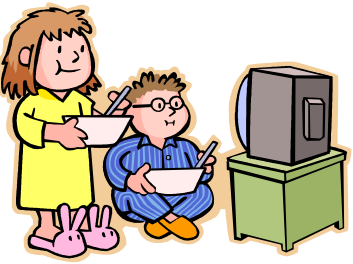





Smoke Free
Home & Car
1-800-QUIT-NOW

Poison Control Center
1-800-222-1222



Staying Healthy for 24 Month Olds

Physical Health	 <p>Play outside and have your child play with other kids his/her age.</p>	 <p>Naps are still a must! Keep a regular bedtime routine.</p>	 <p>NEVER more than 2 hours of screen time a day. Watch TV with your child.</p>
Social Health	 <p>Encourage pretend play and play with your child.</p>	 <p>Let your child make choices; for example, apple vs. pear?</p>	 <p>Play games with simple instructions.</p>
Language Skills	 <p>Read to your child everyday. Your child might want to read the same book over and over.</p>	 <p>Ask your child to point to pictures of things in books like animals and colors.</p>	 <p>Speak slowly and ask simple questions. Give your child time to answer.</p>
Safety	 <p>Use car seats in the back seat only. Everyone needs a seatbelt.</p>	 <p>Keep guns out of the home or locked away with bullets secured separately.</p>	 <p>Watch your child closely when outside, especially around cars and in the street.</p>

At the next visit:

Your child will have a physical examination.

Your child may receive shots.

If you need to discuss a concern about your child, please call us at 215-427-5985.

