



# 30 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 if he/she is behind.
- ◆ Talk about how potty training is going.
- ◆ Talk about eating and sleeping habits.

## Getting Ready for Pre-School

Pre-school is a great time for your child to learn how to interact with other kids and learn things to get ready for kindergarten. **Early Head Start** is available in Philadelphia for children under the age of 3. Older kids from 3-5 years old can try a **Pre-K Head Start**.

### **For Information:**

Early Head Start: 215-223-5200

Pre-K Head Start: 215-400-4270

CCIS (Child Care Information Services) 1-888-461-KIDS



Here are some things to think about when choosing a school for your child:

### **1. What training is needed for people who work at the school?**

Most teachers should have 2 years of college and be in good health.

### **2. How many staff per child?**

For toddlers, there should be 5 kids per teacher or less.

### **3. What if your child is sick?**

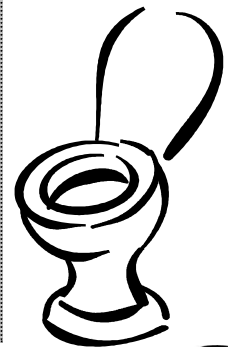
There should be clear rules for when your child cannot be there.

### **4. What are their goals for your child?**

They should be working with your children to do things on their own, being proud of themselves, and learning to play with other children.

## Potty Training Tips

- Be patient! It is okay if your child is not potty trained yet.
- Never punish for accidents or force your child to use the potty.
- Praise your child if he tells you he needs to use the potty.
- Read stories about potty training.
- Sing songs while he sits on the potty or read to him.
- It is normal for children to have some accidents at night even if they use the potty during the day.
- Ask your child if he needs to potty and try every 1-2 hours.




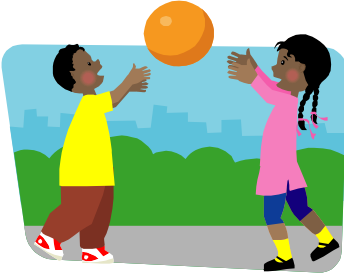



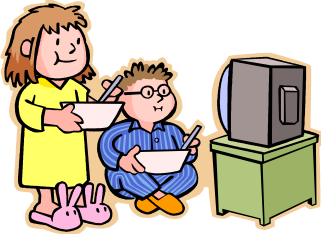






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Poison Control Center  
1-800-222-1222



# Staying Healthy for 30 Month Olds

Physical Health	 <p>Do things as a family like going on walks, to the park, or to the zoo.</p>	 <p>Mealtime is a great time for learning. Eat together with TV off</p>	 <p>Keeping a regular schedule makes your child feel happy and safe.</p>
Social Health	 <p>Set up play dates so your child can learn to play with other children.</p>	 <p>Let your child make choices; for example, red cup vs. blue cup?</p>	 <p>Set limits with your child as he becomes more curious. This will keep him safe.</p>
Language Skills	 <p>Read to your child everyday. Your child might want to read the same book over and over.</p>	 <p>Limit screen time to 2 hours. Reading and playing is better for them.</p>	 <p>Speak slowly and ask simple questions. Be patient and give her time to answer.</p>
Safety	 <p>Use car seats in the back seat only. Everyone needs a seatbelt.</p>	 <p>Be within arm's reach of your child when in or near water.</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.

