



24 Month Old Child Wellness Visit

Philadelphia FIGHT Pediatrics

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What will happen today:

- ◆ You and your medical provider will talk about parenting, your home, your child's health and safety, and keeping your child happy and healthy
- ◆ Your child may receive shots and their height and weight will be measured
- ◆ Talk about potty training and if your child is ready
- ◆ Talk about your child's 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! Often, children will 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 their 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, they might have a temper tantrum. This is normal for 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 only encourages them 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 they are 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 only encourage them to have more tantrums
- 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 they see




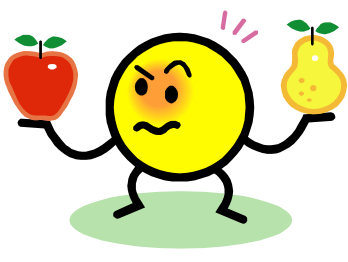







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Poison Control Center
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Staying Healthy for 24 Month Olds

Physical Health	 <p>Play outside and have your child play with other kids their age</p>	 <p>Naps are still a must! Keep a regular bedtime routine</p>	 <p>No 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. They 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 exam
- They may receive shots

