



# 30 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 if they are behind
- ◆ Talk about how potty training is going
- ◆ Talk about your child's 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 new things to get ready for kindergarten:

- **Early Head Start** is available in Philadelphia for children under the age of 3
- **Pre-K Head Start** is available for children age 3-5 years old

### 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 required 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 or less per teacher

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

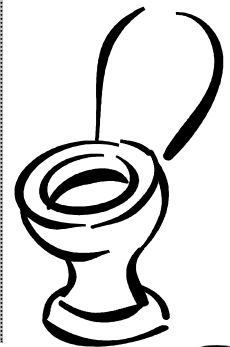
There should be clear rules for when your child cannot be there

### 4. What are the school's goals for your child?

They should be teaching your child how to do things on their own, being proud of themselves, and learning how 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 they tell you they need to use the potty
- Read stories about potty training
- Sing songs while they sit on the potty or read to them
- It is normal for a child to have some accidents at night, even if they use the potty during the day
- Ask your child if they need to potty and try every 1-2 hours




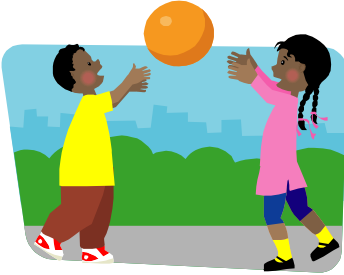



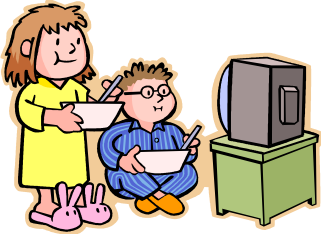






Smoke Free  
Home & Car  
1-800-QUIT-NOW

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, the park, or 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 they become more curious. This will keep them safe</p>
Language Skills	 <p>Read to your child everyday. They 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 them 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 exam
- They may receive shots

