

PAVILION POINTS TO REMEMBER: 2.5 YEARS OLD

Feeding

- Toddlers grow at a much slower rate than babies
- Your child is still learning to chew and swallow efficiently and may try to eat fast (they don't like to sit and eat) increasing one's risk of choking.
- Avoid whole nuts, raw cherries with pits, hard candies, gum, whole grapes, marshmallows, popcorn, large chunks of meats/potatoes/ raw vegetables.
- Offer a variety of healthy food throughout the day and let your child decide what to eat. Don't Make it a battle.
- Vitamin supplements are rarely necessary. Limit milk to 16-24oz a day. Encourage Iron-fortified foods.

Development

- Motor**
Washes and dries hands, brushes teeth with help, pulls pants up and down, jumps off 1-2 steps, throws a ball overhand.
- Cognitive development**
Begins to develop sense of humor, understands emotions – can name the feeling, can tell you when he or she needs a diaper change. Enjoys pretend play. Starts to play with other kids, not just alongside.
- Language/Communication**
Says short phrases of 3-4 words, understandable to others half the time, speaks using pronouns (I, me, you), asks "what" and "where" questions

Sleep

- You may see regressions in sleep such as refusing to go to bed, waking up during the night and resisting naps.
- If your child is stalling bedtime it may help to give them some control like picking out the story and or pajamas. Keep a routine.
- Nightmares occur at this age. Respect your child's fears. Provide reassurance they are safe.
- Continue naptime –your child needs it even if they are on a nap strike. Keep quiet time in their room and soon they will get back onboard.

Safety

- Your child should remain in forward facing harness car seat in the back seat
- Teach safety with moving vehicles. Staying away or hold hands when near cars, lawnmowers, garage doors, etc.
- Teach water safety – watch your child constantly whenever he/she is near water. An adult should be in arms reach at all times.
- Have your child wear a good-fitting helmet when on bikes, trikes and scooters
- Use of insect repellent and sunscreen. Choose a repellent that contains < 30% DEET. Choose a sunscreen with an SPF of 30 or higher. Remember to reapply every 1-2 hours if getting wet.

Behavior

- Limit TV and videos to no more than 1-2 hours each day.
- Your child wants independence and control. Let them make simple decisions.
- Mood swings are common as your child struggles to take control of actions and feelings.
- Can do time-outs for inappropriate behavior (throwing toys, hitting, etc). Keep time-outs to only 2-3 minutes at this age.

Toilet Training

- Signs of being ready for toilet training include dry for 2 hours, know when he/she is wet, can pull pants up and down, wants to learn, can tell you if she/he is going to have a bowel movement.
- Dress your child in clothing that can be easily removed.
- Develop a potty routine.
- Create a relaxed environment. Can sing or read on the potty.
- Reward positive behavior. Do not punish accidents or unsuccessful behavior.
- If your child is being extremely resistant. Take a break for a while and try again later.

What to expect at Today's Visit

- Woohoo no shots! Unless flu season.
- Next well visit is 3 years old.

