



Cornerstone Pediatrics

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24 Month Well Child

Name: _____ Date: _____

Weight: _____ lbs _____ oz Length: _____ in Head Circumference: _____ cm

Age: _____ Next Scheduled Appointment: _____

Development:

- **Gross Motor:** Balance improves being able to stand on one foot for 6-10 seconds. Will be able to perform running and jumping activities with arms alongside of the body. May be able to pedal tricycle and change directions.
- **Fine Motor:** Can fold paper in half, draw straight lines and circles. Your child is able to turn pages in book and begin to cut with scissors by 30 months. Your child will begin to use one hand over the other and dress themselves with help.
- **Language:** During this time your child's vocabulary will grow to 50 or more words and begin to form short phrases and sentences. Children at this age are able to follow two step instructions and begin to speak more clearly.
- **Social:** At this age your child views the world from their perspective only and has not developed the ability to consider others wants or feelings. Tantrums are normal at this age and will improve with time. Your child may be play side by side with other children and rarely interact with them.

Toilet Training:

- Signs that your child may be ready for potty training are interest in the toilet, able to stay dry during naps, able to push pants down, or expressing awareness of when diaper is wet or soiled.
- Keep a relaxed, unpressured attitude toward the process and praise for success. Potty training is a slow process and some children don't develop full bladder and bowel control until age 3-5 years.
- Remind your child many times during the day to go to the bathroom especially after naps and upon awakening. Do not punish accidents.

Dental:

- You may begin to teach your child how to brush their teeth as they imitate the use of a tooth brush. Although, it is important for you to continue to brush their teeth twice daily because toddlers lack the coordination to properly brush their teeth.
- Your child will continue to need fluoride until age 16 which can be obtained through fluorinated tooth paste, city water or liquid supplement if needed.
- To prevent cavities avoid frequent snacking and sugary drinks.
- Your child should not be using a pacifier at this point.

Safety:

- To aid in preventing falls and injuries, use gates at stairs and any entrance to dangerous places, also use guards on windows. Keep chairs away from places that allow your child to crawl to dangerous heights. Keep a fenced yard for outside play. Keep sharp objects in a secure place and always keep a close eye on your child.
- Never leave your child alone in the car, wear your seat belt and follow current guidelines on car seat safety. The most current guidelines and laws are available online at the Texas Department of Public Safety. A link to the child passenger safety information is also located on our website.
- To prevent burns, keep hot handles on the stove turned in. Do not let electric cords dangle. Keep water temperature settings below 120 degrees on your hot water heater. Use a guard in front of heaters, stoves and fireplaces.
- Don't smoke around your child as this will increase the chance of infection. Consider quitting, if you smoke, for the health of your child.
- To prevent drowning, keep a gate around the pool and never leave your child alone around water. Keep the toilet seat closed. Learn CPR.
- To prevent choking, avoid small hard foods, toys with sharp edges, or removable parts.
- Keep guns unloaded and locked away at all times.

Immunizations:

- Hepatitis A

Lab tests:

- None unless warranted by exam.

Fever:

- A fever is considered a rectal temperature greater than 100.5° F.
- Take your baby's temperature under the arm. If elevated do a rectal temperature for confirmation.
- To take a rectal temperature;
 - Put a small amount of Vaseline™ on the end of the thermometer.
 - Lay your baby on his stomach, with one hand on his bottom and your arm resting lightly on his back to keep him from rolling. Holding the thermometer in the other hand, gently insert the bulb (the silver part) into your child's rectum. You only need to insert it far enough to cover the bulb.
 - After it stops, remove the thermometer and read the temperature.
 - Make sure you clean the thermometer well after each use.
- If your baby has an elevated temperature first try to undress your baby leaving only the diaper and recheck in ten minutes. If remains elevated you need to give us a call for additional guidance.

Call the office if your baby:

- Has a rectal temperature over 102.0° F especially without any explanation or associated cold symptoms
- Coughing frequently
- Vomiting persistently or excessively
- Falls, hits his/her head and passes out, vomits or behaves unusually
- Refusing to eat
- Does not look well or is unusually sleepy or inconsolable
- If you have any questions

Important Phone Numbers:

- Cornerstone Pediatrics (817) 596-3531
- Cook Children's Emergency Department – (682)885-4093

- Parker County Urgent Care – (817) 341-3016
- Tri cities Urgent Care – (817) 984-7120
- Smoking Cessation – (877) 937-7848
- Poison Control – (800) 222-1222

Next Visit:

- 3 Year Well Child Check and then once each year close to your child's birthday
- Schedule your appointment 3-6 weeks in advance.
- Arrive 15 minutes before your appointment to update chart.

Suggested Reading for Parents:

- Your Baby and Child: From Birth to Age Five, Penelope Leach.
- Child of Mine: Feeding With Love and Good Sense, Ellyn Satter.
- Oneness and Separateness: From Infant to Individual, Louise Kaplan, PhD.
- Baby Proofing Basics, Vicki Lansky.
- Caring for Your Baby and Young Child: Birth to Age Five, American Academy of Pediatrics, Stephen Shelov, M.D.

If you have any concerns about your baby's health, please call. This handout is meant to be a guideline, not a substitute for the care of a competent health care provider. Please do not give medicines without talking to your doctor first. We are happy to help you in any way we can. Immunization Schedule is subject to change based on the recommendations of the Committee on Infectious Diseases.