



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  
Cornerstone Pediatrics after hours (817) 596-3531 dial zero for an operator
- Medical City of Weatherford's Emergency Department (682) 582-1000
- Cook Children's Emergency Department (682) 885-4093
- Integra Urgent Care (817) 596-4313
- Tri Cities Urgent Care (817) 984-7120
- Oakridge Urgent Care (817) 599-5518
- 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.**

## How to Have a Healthy Family Table

Research has revealed many benefits for family members (parents and children) who eat meals together on a regular basis. These benefits include healthier eating habits, less obesity, better family communication, fewer behavioral problems, less television watching, less stress, better school performance, and a lower risk of drug abuse. The following suggestions will help you create a healthy family table in your home.

- **Make family meals a priority.**
  - Take some time to discuss with everyone in your family ways to make family meals possible.
  - Schedules or meal times may need to be re-arranged to make the family table happen.
  - Try to have family meals at least 3-5 times a week.
  - Even eating together at a restaurant can count as a family meal!
  - It is better to have children eat a little later or earlier in order for everyone to spend some time together.
    - Toddlers and young children may need snacks to help them wait to eat with the family. Offer healthy snacks, such as fresh fruits, nuts string cheese.
    - If a family meal is not possible, consider a healthy evening snack time or family discussion time.
- **Share in the dinner preparation and clean up.**
  - Chores not only teach children how to do a job and be responsible, but they also make children feel like important members of the family.
  - So, feel free to have younger children help set and clear the table.
  - Encourage your children to help with meal preparation. They are more likely to eat foods they have helped cook.
- **Designate a specific location for eating family meals.**
  - Eat together at a table in a dining area of the home; not in a living area or in front of the television.
- **Protect your child's appetite for mealtime.**
  - Limit snacks just prior to mealtime. Your child should always ask permission before getting snacks or drinks from the pantry or refrigerator.
  - Limit your young child's intake of sweet drinks, even juices. Serve only water or mil at lunch and supper to young children to guard their appetite.
  - Schedule sit-down snack times as appropriate for your child's age and activity level.
    - Offer mid-morning and mid-afternoon snacks to your toddlers and preschoolers at regular times and, ideally, at the dining table.
- **Serve the same foods to everyone at the table.**
  - Don't short-order cook for children older than 18 months.
  - Be a good example to your children; eat your veggies.

- **Serve a healthy variety of foods.**
  - Serve foods from different food groups, and include some foods that you know will be acceptable to most people at the table.
  - Serve home-cooked foods as often as possible.
  - However, even a fast-food meal purchased on the way home from work and served at the family table is better than no table time at all. Most fast-food restaurants offer some healthy options.
- **Turn off the television and other media during mealtime.**
  - Children from families in which television viewing is a normal part of meal routines have poorer dietary patterns (fewer fruits and vegetables; more pizzas, snack foods, and sodas) than those of children from families in which television viewing and eating are separate activities.
  - Encourage older children and adolescents to turn off cell/smart phones.
  - Avoid texting or answering the telephone during meal time.
- **Encourage pleasant conversation.**
  - Set the mood – create a relaxing environment. If necessary, try some soothing music.
  - Require that all talk be respectful and encouraging. Don't allow excessive silly talk that may lead to chaos at the table.
  - Mealtime is not a time for correcting children or discussing wrongdoings of the day.
  - Think of various ways to encourage conversation.
    - Everyone tells something funny that happened that day.
    - Discuss a news item with older children –what are their thoughts?
    - Everyone tells something they learned that day.
    - Choose a positive character trait and brainstorm about ways to live out that quality. The next evening, discuss whether or not each person was successful in doing it.
- **Don't discuss your child's poor eating habits at the table.**
  - Teach your child the benefits of healthy eating before or after mealtime. Nagging your child about poor eating habits during the meal spoils the time for everyone.
  - Older children can be encouraged to display good manners and avoid negative commentary.
- **Encourage everyone to participate and to stay at the table until all have finished.**
  - While this can be the most difficult to enforce, it is key to the success of the family table. Teach this concept early and it will enrich mealtime for years to come.
  - This will require consistent enforcement, even when your child's attitude is less than attractive and the pleas to leave the table are quite persuasive.
    - Be aware of your child's developmental stage since young children may not be able to sit still for long periods of time.
    - Once learned, your children will come to appreciate this family time together.
  - It is important for teenagers to remain part of the family mealtimes. This emphasizes the importance of the family and each person's role in the family. The teen does not have to talk, but should be present.
  - The parent should have a special way of ending the meal so the children know when they can leave the table.