



## Thirty Month Preventive Exam

### Behavior

Your child is now midway between the “terrible two’s” and becoming a “threenager”. He will continue to test limits in all areas. This will require patience and constant supervision. One of the more enjoyable aspects of this age is his ability to play with other children and to pretend. Seek out group activities where kids can have supervised play together. Many children are able to start toilet training. Praise her for making any progress toward staying dry or using the potty. Most kids do better if they can follow routines for eating, sleeping, and playing. Be as consistent as possible.

### Development

Your child should be using phrases. She may have a lot of babbling that only you can understand but other people should be able to understand what she is saying half of the time. Her language skills will build by being read to daily and by you listening to and repeating what she says. She should be able to point to 6 body parts and know correct animal sounds. She should be able to jump up and down in place. She should be able to put on clothes with help. She should be able to wash and dry her hands without help. Be aware of the content of games, television shows, or videos she watches. Any media exposure should be limited to 30 minutes per day.

Remember to brush his teeth with a dab of fluoride tooth paste twice a day. Kids should start seeing the dentist by the age of 3 unless there is a problem noted earlier. Continue to use a car seat whenever driving with him. Don’t leave him unattended in a car or house. Be very cautious around streets and swimming pools.

Click here for our [Medication Dosing Guide](#) to see recommended dosing of acetaminophen and ibuprofen.

**A FEW SAFETY REMINDERS: CHILDPROOF YOUR HOME; INSTALL AND CHECK OPERATION OF SMOKE DETECTORS; SET HOT WATER TEMPERATURE AT 120 DEGREES; AVOID SUNBURN; KEEP ALL FIREARMS SAFELY LOCKED UP; BE MINDFUL AROUND ALL DOGS**