



**Pediatric and Adolescent Medicine**

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**HEALTH MAINTENANCE INFORMATION SHEET – AGE 2½ YEARS**

Date	Age	Wt	Ht	Head Size	Next Appt.
Acetaminophen Dosing: Children’s (160mg/5mL)			Ibuprofen Dosing: Infant Drops (50mg/1.25 mL)		
			Ibuprofen Dosing: Children’s (100mg/5mL)		

**NUTRITION**

- Intake varies widely. Your child may seem to eat everything in sight or hardly anything at all. Most children will select a well balanced diet if presented the four major food groups: (Dairy: low fat milk, cheese, yogurt; Protein: fish, poultry, red meats, eggs; Breads/Grains: cereals, potatoes, rice, breads: Fruits/ Vegetables: fresh are better than canned.)
- Continue Vitamin D supplementation and Calcium if milk intake is limited.

**GROWTH & DEVELOPMENT**

- Growth slows down, averaging 2-3 inches/year and 4-5 pounds/ year.
- Gross motor: Runs, kicks ball, picks up object without falling; climbs up and down stairs by self.
- Fine Motor: Turns pages of book, imitates vertical or circular strokes with crayon, builds tower of 6-8 blocks, pulls off socks, turns doorknob, snips with scissors, and unscrews small jar.
- Emotional: Struggles to resolve issue of strong parental attachment and establishment of autonomy; begins to separate more easily from parent; gains some mastery over control of impulses; fairly predictable responses to new places, people, foods, etc.
- Social: Still remains selfish, without much sharing. Begins to exhibit some interactive play
- Intellectual: "Egocentric" world view: all that happens is in some way related to child's actions; difficulty separating fantasy from reality; beginning "trial and error" problem solving. Can form mental images of things.
- Language: Longer and more complex sentences: 3+ words Begins to use "me" and "you". Talking not only is "need" oriented: begins to express ideas, experiences.

**IMMUNIZATIONS & PROCEDURES**

- CBC and urinalysis if toilet trained. Cholesterol (dependent on family history) this visit or next.

**ACCIDENT & SAFETY**

- CAR SEATS AT ALL TIMES!
- Lock doors and cabinets to dangerous areas.
- Use stair guards and window guards (upper story).
- Fence in play area, if possible. Ensure playground equipment is in good working order.
- Turn down hot water heater to 120-125 degrees.
- Particular care around streets, cars, driveways, water.
- Poison control 1-800-222-1222. DO NOT USE syrup of ipecac.
- Make sure there is no access to guns or other weapons.

**MISCELLANEOUS**

- Major areas of concern continue to revolve around TOILET TRAINING, DISCIPLINE, LIMIT SETTING, and SLEEP PROBLEMS.

**RESOURCES**

- Taming Your Toddler by Dr. Christopher Green
- Solving Your Child's Sleep Problems by Ferber
- 1-2-3 Magic By Thomas Phelan
- The Explosive Child By Ross Greene
- Setting Limits with Your Strong Willed Child