



Anticipatory Guidance - 30 Month Checkup

Family

- Maintain consistent family routine
- Remain aware of language used, child will imitate
- Make 1:1 time for each child in family

Development and Behavior

- Read books and talk about pictures/story using simple words
- Begin self-dressing with T-shirt
- Discipline constructively using time out for 1 minute/year of age
- Establish consistent limits/rules and consistent consequences
- Limit TV/computer time to 1-2 hours/day
- Provide age-appropriate toys to develop imagination/self-expression
- Use of "No" for self-opinion/frustration/expression of anger
- Provide opportunities for side-by-side play with others of same age group

Nutrition

- Provide nutritious 3 meals and 2 snacks; limit sweets/high-fat foods

Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day
- Establish consistent bedtime routine
- Encourage supervised outdoor exercise

Safety

- Lead risk assessment
- Lock up guns
- No shaking baby (Shaken Baby Syndrome)
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality day care, if needed
- Supervise when near or in water even if child knows how to swim
- Teach how to answer the telephone
- Use rear-facing car seat in back seat of car until child reaches the height and weight limit set by the car seat maker
- Use of helmet when riding tricycle or bicycle