

Advanced Pediatrics of Rockland, P.C.

358 Route 202, Suite 2, Pomona, NY 10970

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Anticipatory Guidance

30 month old - Female

Continue to give her prescription multivitamins with fluoride.

Brush her teeth twice a day with fluoride-free toothpaste since ingesting too much fluoride can cause tooth staining.

Use fragrance free, mineral sunblock for sun exposure.

Continue childproofing the house: Ensure pills and poisons are not accessible. This includes all household cleaners which should be stored in a cabinet with childproof locks on it. Clean up small pieces and coins that she can choke on or ingest. Secure all TV's and dressers so that they cannot fall on your child.

Do not give choking hazards such as nuts, raisins and grapes. She should continue to drink mostly water. Try not to give juice or milk since they contain empty sugar and calories without adding much nutrition. If your child is drinking milk, she should be drinking fat free (skim) milk and limit it to one cup per day. Good Karma unsweetened flax milk is a very low-calorie alternative and contains vitamin D, calcium and omega 3 fatty acids for brain development. Adding flax seed oil to food will also add omega 3 free fatty acids. Food choices should include vegetables for vitamins and minerals. It should also include protein containing foods such as meat, fish, chicken, egg whites and beans.

Continue to use "time out" and ignore temper tantrums. Remember that "time out" should be used right after your child demonstrates behavior that needs to be corrected. You should also limit its use which will increase its effectiveness. Ignoring bad behavior is still the most important part of discipline. After the "time out" is over, try to engage her when she is playing nicely in order to increase positive reinforcement.

Your child should be going to bed tired but awake - This allows her to learn to self-soothe which is a very important tool for social-emotional development. She should be using a straw cup or an open cup now.

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Most girls have started to potty-train by this age. You should use positive reinforcement only and try not to force her to use the potty. Putting too much pressure on potty-training can lead to functional withholding and significant constipation.