

Anticipatory Guidance Ages 2, 3 and 4

1) What advice can be given to families regarding nutrition at these visits?

By age 2, it is time to transition from whole milk to 2% milk. A toddler will be come more skillful with utensils and have fewer spills as they get older. It is important to emphasize healthy food choices. Limiting junk food is important. Try to encourage food from all food groups. Snacking is appropriate. It is also important to have mealtime as a family.

2) What advice can be given about dental care?

It is important to brush teeth after every meal. Try to make brushing teeth fun. A dentist appointment should be made. ADA suggests age 2 to start.

3) What are various safety tips can you give parents of toddlers?

- **Car safety**-ensure that appropriate car seat is being used, never leave a child alone in the car
- **Fire safety/burn safety**-have an escape plan, check smoke detectors, keep hot appliances, matches and lighters out of reach, turn water heater down to 120F, SUNSCREEN!
- **Pedestrian safety**-hold onto your child when near traffic, use a bike helmet, never ride tricycle or bicycle in the street, supervise all street crossings
- **Drowning prevention**-watch your child around any water-do not leave them alone! Pool fences, gates and pool-safe doors are a must!
- **Poison safety**-keep all meds, vitamins, cleaning fluids locked away, use safety caps on medications, put poison center number on all phones
- **Safety around Strangers**-teach your child first and last names of family members. Teach your child never to go anywhere with a stranger

4) What about Discipline and Development?

- **Age 2**-Toddlers love the word “no” or testing parents. Parents need to know that this is normal. Parents need to be consistent in follow through with their rules. Talk about Time outs. To avert trouble-parents can
 - Child proof home
 - Divert and substitute
 - Teach and lead
 - Make logical consequences
 - Stay warm and positive

Some children will be interested in toilet training-see separate talk
Limit TV to less than 1 hour per day-watch with the child-appropriate shows! Better yet, find other activities to do; reading, playing, physical activity

- **Age 3**-Often want to do things by themselves, very normal. Patience is important. Some children may still be in diapers during day or night. This is okay. Do not be punitive with toilet training. See above list to avert trouble.
- **Age 4**-Children this age are more cooperative with other children during play. See above suggestions.