



## Forms:

Complete and print them for your upcoming appointment:  
[Tuberculosis Screening](#)

## 24 MONTHS OLD

### FAQ

*Is there a good source of information for car seats?*

The Academy of Pediatrics has created a wonderful web site and resource for families that is constantly updated with information. It always has updated recommendations on car seat safety with visual guides: [HealthyChildren.org](http://HealthyChildren.org)

## Vaccines:

We recommend the following vaccines:

None

*How do I get my toddler to eat healthier?*

In planning and preparing food for your toddler, make sure he's getting a balance of fats, protein, carbohydrates, vitamins, and minerals that can promote growth and include foods from the major food groups each day, including Meat, poultry, fish, eggs Dairy products such as milk and cheese Cereal grains, rice, potatoes, breads, pasta Vegetables and fruits By choosing health-promoting foods, you can establish good nutritional habits in your child that will last for the rest of his life. However, one recent study found that about 65% to 70% of 1 to 2-year-olds ate dessert, ice cream, and/or candy once a day, and 30% to 50% drank sweetened beverages every day. By contrast, the same study indicated that less than 10% of these young children ate a dark green vegetable each day; more often, their vegetable intake consisted of potatoes and french fries. Make sure that you and the other adults in the family agree on a healthy nutritional lifestyle for your toddler and the entire family, including one that puts a limit on sweets.

## Age Appropriate Information

### Development:

- Language continues to develop rapidly at this age. Children should be using plurals, pronouns, sentences of 4 or 5 words, and short paragraphs. Speech is understandable to others 75% of the time. They also should be able to name most common objects, know gender differences, and understand 2-step instructions, such as, "Pick up your doll and put it on the chair."
- Encourage your child to talk with you about his preschool, friends, experiences, and observations.
- Use books as a way to talk together. You don't always have to read the text to your child. You can just look at the pictures and talk about the story.
- If your child is not in child care or preschool, make sure she has opportunities to play with other children. Encourage interactive games with peers and help her understand the importance of taking turns.

**Safety:**

- Never leave your child alone in the car, house, or yard.
- Do not expect young brothers or sister to watch over your child.
- Remember that many young children are excellent climbers. To prevent children from falling out of windows, keep furniture away from windows and install operable window guards on second- and higher-story windows.
- When your child reaches the highest weight or height allowed by the manufacturer, her shoulders are above the top harness slots, or her ears come to the top of the car safety seat, consider whether she is mature enough for the greater flexibility of movement allowed by a belt-positioning booster seat. If not, use a forward-facing seat with a harness with a higher weight limit or a travel vest.