



Forms:

Complete and print them for your upcoming appointment:
[Ages and Stages](#)

Vaccines:

We recommend the following vaccines:

None

30 MONTHS OLD

FAQ

What is recommended for toddlers as to the amount of television they watch?

The Academy of Pediatrics recommends limiting TV and video watching to no more than 1 to 2 hours each day. Even with programs labeled “educational,” you should consider television a distraction and not a learning tool. Children learn through interaction and feed off of parental responses to their speech and actions. The television is static, and no matter what your child says or does, continues on regardless.

How do I stop my child from biting?

Biting is a common part of toddlerhood. Partly derived from the frustration of not being able to clearly communicate what he wants and at other times spurred on by the inability to regulate his feelings, biting and hitting needs to be handled correctly to extinguish the behavior. Brief time-outs are one good way to tell your toddler these behaviors are not appropriate.

Age Appropriate Information

Development:

- Read books together every day. Reading aloud will help him be ready for preschool, and then for school.
- Young children process spoken language more slowly than adults do. Be sure to give your toddler plenty of time to respond when you say something to him.
- When your child is speaking, listen attentively and clearly repeat what he says, using correct grammar. If necessary, clarify what he means, using correct grammar.
- Provide opportunities for your toddler to play with other toddlers near your child’s age. Be sure to supervise these times, because your child is not ready to share or play cooperatively.

Safety:

- Watch your toddler constantly whenever she is near water, including bathtubs, play pools, buckets and the toilet. A supervising adult should be within an arm’s reach, providing “touch supervision,” whenever young children are in or around water.
- Be sure that your toddler wears a helmet that is approved by the CPSC when riding in a seat on an adult’s bicycle or on a tricycle. Wear a helmet yourself.
- Limit time spent in the sun. Put sunscreen (SPF 15 or higher) on your toddler before she goes outside. Use a broad-brimmed hat to shade her ears, nose, and lips.
- Teach your toddler to ask permission before approaching dogs, especially if the dogs are unknown or are eating.