

HEALTH SUPERVISION VISITS

THIRTY MONTH VISIT

BEHAVIOR

- Encourage play with other children, but supervise because child not ready yet to share/play cooperatively
- Build independence by offering choices between 2 acceptable alternatives
- Consider group child care, preschool program, organized play dates or playgroups
- Encourage toilet-training success by dressing child in easy to remove clothes, establish daily routine, place on potty every 1-2 hours, praise, maintain relaxed environment by reading/singing

SAFETY

- Stay within an arm's reach ("touch supervision") near water, bathtubs, pools, toilet
- Properly install car safety seat in back seat
- Supervise child outside, especially around cars, machinery; use bike helmet; limit sun, use sunscreen
- Install smoke detectors on every level; test monthly and change batteries annually; make fire escape plan; keep matches out of sight

DEVELOPMENT

- Play includes other children
- Has fears about unexplained changes in environment/unexpected events
- Uses phrases of 3-4 words, points to 6 body parts
- Jumps up and down in place, throws overhand
- Brushes teeth with help, puts on clothes with help
- Understandable to others 50% of the time