



DOSING CHART

Acetaminophen: Give every four to six hours as needed. Don't exceed five doses in 24 hours.

Tylenol/Acetaminophen	mL = milliliter tsp = teaspoon	Tylenol Infants' Oral Suspension	Tylenol Children's Oral Suspension	Tylenol Children's Chewable Tablets (160 mg)	Tylenol Children's Dissolve Packs (160 mg)
	Weight				
	6-11 lbs.	1.25 mL	—	—	
	12-17 lbs.	2.5 mL	—	—	
	18-23 lbs.	3.75 mL	—	—	
	24-35 lbs.	5 mL	5 mL (1 tsp)	—	
	36-47 lbs.	—	7.5 mL (1.5 tsp)	—	
	48-59 lbs.	—	10 mL (2 tsp)	2 tablets	2 powders
	60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets	2 powders
	72-95 lbs.	—	15 mL (3 tsp)	3 tablets	3 powders

Ibuprofen: Give every six to eight hours as needed. Don't exceed four doses in 24 hours. Always give with food.

Motrin/Ibuprofen	Weight	Motrin Infants Concentrated Drops 50 mg/1.25 mL	Motrin Children's Oral Suspension Liquid 100 mg/5 mL	Motrin Children's Chewables Tablets 100 mg each
	12-17 lbs.	1.25 mL	—	—
	18-23 lbs.	1.875 mL	—	—
	24-35 lbs.	—	5 mL (1 tsp)	1 tablet
	36-47 lbs.	—	7.5 mL (1.5 tsp)	1.5 tablets
	48-59 lbs.	—	10 mL (2 tsp)	2 tablets
	60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets
	72-95 lbs.	—	15 mL (3 tsp)	3 tablets

*If under 6 months of age, please consult your pediatrician.

Dothan Pediatric Healthcare Network complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-334-793-1881.
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-334-793-1881번으로 전화해 주십시오.



30 MONTH CHECKUP

Date: _____

Weight: _____

Height: _____

Next Visit: **3 Years of Age**

Toilet Training

- If your child shows signs they're ready, take them to the bathroom on a schedule.
- Praise progress — don't punish accidents.
- Nighttime wetting is still common and not usually a behavior issue.
- There's no need to rush. Every child is different.

Nutrition

- Your child's appetite may go up and down. This is normal.
- "Food strikes" (when kids refuse to eat) are common at this age.
- You decide what foods are offered and when.
- Your child decides if they eat and how much.
- Kids may look slimmer now, but weight loss is not normal. Talk to your doctor if you're concerned.

Sleep

- A bedtime routine can help your child sleep better
- No screens in the hour before bed. Instead try a routine of bath time, brushing teeth, and reading a book together before bed!
- If it's been more than 2 hours

- since dinner, a small snack before brushing teeth may help.
- No food or drinks in bed

Discipline

- Tantrums are normal at this age.
- Behavior is a form of communication, not bad parenting.
- Kids act out when: They have an unmet need (hungry, tired, overwhelmed) or they lack a skill (like calming down or waiting their turn)
- Set aside 10–15 minutes at the same time each day to play with your child. Use this time to praise their good behavior ("Wow, you put your toys away! You're such a good helper.")
- Remove attention for behaviors you don't want to see again (like hitting or biting). You can say, "I know you're mad, but I won't let you hit me," then walk away.
- Children learn best by watching you. Try to stay calm — even when they aren't.

Behavior

- You should not expect your child to share toys with other children even though he/she will enjoy playing with them.
- Your child will be very curious at this age and will enjoy both active play and quiet play.
- He/she will be able to show a variety of emotions.
- Your child may have self-comforting behaviors, such as thumbsucking.
- Do not allow hitting, biting, or other

aggressive behaviors. Time-out is most effective for discouraging these behaviors.

Safety

- Avoid foods that are easy to choke on like whole nuts, popcorn, or uncut grapes and hot dogs
- Keep medications, household cleaners, and any other dangerous chemicals locked. Remember, your child can climb!
- Your child is curious and wants to be like you! If you own a firearm, keep it unloaded and locked with the ammunition locked separately to avoid unintended accidents.
- Continue to use a car seat. Depending on your car seat type, your child may be either rear- or forward-facing at this time.

Development

- Your child may know 50 or more words
- He/she will play next to other children and sometimes play with them
- They can follow two-step instructions and simple routines
- May use toys to pretend (like feeding blocks to a doll or using an object as a telephone)
- Can take some clothes off on their own
- May turn doorknobs, lids, or handles - so be careful!



BRUSH UP ON HEALTHY TEETH

Your child will continue to have more teeth erupt, including molars. Teething may cause extra drooling and chewing, but rarely causes fever, diarrhea, or sleeping problems. Tylenol may be used, but teething gels (Orajel) are not recommended.

There are many things parents can do to ensure their children have healthy teeth.

Brushing

Continue to brush your child's teeth twice a day with a "smear" of children's flouride toothpaste. It is okay for your child to swallow a small amount of toothpaste. Flouride is **very** important for healthy teeth.

Sugar Drinks

It is very important that you limit the amount of food and drinks containing sugar, especially between meals. This includes juice, soft drinks, and sweet tea. Water can be given between meals. **Never put your child to bed with a bottle, cup, or food.**

Dental Visits

Although recent recommendations have suggested the first dental visit be scheduled by the first birthday, realistically our local dentists start seeing children for routine dental exams at age 3.

Post-Fluoride Instructions

Your child may have fluoride applied to the teeth today at the well-child checkup. It is okay for him/her to eat and drink afterward, but please restrict crunchy foods and sugary drinks for four hours.

Resources for More Questions:

- HealthyChildren.org
- National Highway Traffic Safety Administration
- Vaccine Information Center from Children's Hospital of Philadelphia
- Help Me Grow Alabama
- Alabama Family Central

Healthy Eating for 30-Month Olds!

- Offer 3 small meals and 1–2 healthy snacks each day at regular times.
- Let your child decide how much to eat — it's okay if they don't eat everything.
- Picky eating is normal at this age. Keep offering healthy foods, even if they don't eat them yet.
- Try offering new foods with familiar ones. It can take many tries before a child accepts a new food!
- Avoid pressuring, bribing, or forcing your child to eat — it can make picky eating worse.
- Make mealtime calm and relaxed. Turn off screens and eat together when you can.
- Be a role model — if you eat fruits and veggies, your child is more likely to try them too.
- Offer a variety of foods: fruits, vegetables, whole grains, dairy, and protein like eggs or beans.
- Cut food into small, safe pieces to prevent choking. Avoid whole grapes, popcorn, and hard chunks.
- Avoid sugary drinks like soda and juice. Offer water or milk at meal and snack times, and water only in between meals.

ACTIVITIES 30 MONTHS OLD

- **Read together every day.** Share favorite books and use silly voices to bring the story to life. Point to pictures and ask questions like, "Where's the puppy?" or let your child fill in the last word of a familiar line.
- **Sing songs and rhymes.** Simple tunes like Twinkle, Twinkle or The Wheels on the Bus help build memory and language. Add clapping, stomping, or hand motions to make it extra fun.
- **Pretend play.** Act out cooking dinner, being a doctor, or running a pretend store. Give your child simple props (a spoon as a "stethoscope") and let them take turns being in charge.
- **Build with blocks.** Stack them as high as you can, knock them down, and count the blocks together. Try making a "garage" for toy cars or a "tower" for stuffed animals.
- **Color and draw.** Offer crayons, markers, and big paper to create scribbles and shapes. Talk about the colors your child chooses and draw simple things they request, like a sun or a house.
- **Play outside.** Run, jump, and climb on playground equipment or in your yard. Play "kick the ball back and forth" or draw a chalk path for your child to follow.
- **Splash with water.** At the sink or in a small tub, give your child cups, spoons, and funnels to pour and fill. Add floating toys or a sponge for squeezing.
- **Create with playdough.** Roll snakes, press shapes, or make pretend food together. Encourage your child to make a "birthday cake" and sing along while they pretend to blow out candles.
- **Dance to music.** Put on a favorite song and dance around the room. Take turns copying each other's moves—spin, jump, or wiggle together.
- **Play "Follow the Leader."** Lead your child in simple movements like clapping, stomping, or tiptoeing. Then let them be the leader and make up silly moves for you to follow.
- **Hide and seek with toys.** Hide a stuffed animal under a blanket or behind a pillow and let your child search. Take turns hiding and finding so they get to be the hider too.
- **Sort and match.** Gather blocks, socks, or toy cars and sort them by color, size, or type. Try matching socks into pairs or lining up toys "from smallest to biggest."
- **Do simple puzzles.** Chunky wooden puzzles or ones with knobs are perfect at this age. Sit together and encourage your child to try different spots, celebrating when a piece fits.
- **Look at family photos.** Flip through an album or phone and point to familiar faces. Say things like, "That's Grandma at the park!" and invite your child to tell what they remember.
- **Take nature walks.** Go outside to collect leaves, rocks, or flowers. Talk about how they feel—smooth, bumpy, soft—and notice the colors and shapes together.
- **Make up stories.** Tell a short story starring your child and their favorite toy. For example, "Today Teddy went to the park and rode the slide—who did he see there?"
- **Count throughout the day.** Count toys as you clean up, steps as you walk, or crackers at snack time. Let your child hold up fingers to match the numbers.
- **Imitate everyday tasks.** Pretend to cook with pots and spoons, sweep with a toy broom, or "fix" things with toy tools. Children love copying what they see you do.
- **Chase bubbles.** Blow bubbles outside and encourage your child to run, jump, and pop them. Hand them the bubble wand so they can try making bubbles, too.
- **Enjoy cuddle time.** Snuggle under a blanket and read a bedtime story or sing a lullaby. These quiet moments build comfort, connection, and security.