

BOULEVARD CENTER PEDIATRICS

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Today's Date: _____

24 Months Visit

Next Visit: @ 30 Months of Age

Your Child's Weight: _____ lbs Weight% _____ Your Child's Height: _____ in. Height %: _____ HC _____ %

Immunizations Recommended: ___Influenza

Vaccine Information Sheets: Please read a hard copy from the binder in the patient room or

Online at: <https://www.cdc.gov/vaccines/hcp/vis/current-vis.html>

Possible Vaccine Side Effects Include: Fever, Redness or Swelling at Injection Site, Loose Stools

If your baby develops fever, excessive fussiness or irritability, please call us at (703) 670-0300 to discuss or seek medical attention as these can also be signs of serious illness in infants.

You can treat fever with Acetaminophen syrup (160mg/5ml.) *Today*, your Acetaminophen/Tylenol dose is: _____ ml.

You can treat fever with Ibuprofen (100mg/5ml.) *Today*, your Ibuprofen/Advil dose is: _____ ml.

Referred To: _____

Referrals: Inova Speciality Center 703-970-2600; CNMC 888-884-2327; Eye: Dr. Parelhoff 703-670-4700; Early Intervention 703-792-7879 Woodbridge Health Department: 4001 Prince William Pkwy, Suite 101 703-792-7300; Labcorp 14010 Smoketown Rd, Suite 101; Quest 2080 Daniel Stuart Sq.

Your Talking Child

- Talk about and describe pictures in books and the things you see and hear together.
- Parent-child play, where the child leads, is the best way to help toddlers learn to talk.
- Read to your child every day.
- Your child may love hearing the same story over and over.
- Ask your child to point to things as you read.
- Stop a story to let your child make an animal sound to finish part of the story.
- Use correct language, be a good model for your child.
- Talk slowly and remember that it may take a while for your child to respond.

Your Child & TV

- It is better for toddlers to plan than watch TV.
- Limit TV to 1-2 hours or less each day.
- Watch TV together and discuss what you see and think.
- Be careful about the programs and advertising your young child sees.
- Do other activities with your child such as reading, playing games and singing.
- Be active together as a family. Make sure your child is active at home, child care and with sitters.

Safety

- Be sure your child's car safety seat is correctly installed in the back seat of all vehicles.
- All children 2 yrs or older, or those younger than 2 yrs who have outgrown the rear-facing

weight or height limit for their car safety seat, should use a forward facing car safety seat with a harness for as long as possible, up to the highest weight or height allowed by their car safety seat's manufacturer.

- Never leave your child alone in your home or yard, especially near cars without a mature adult in charge.
- When backing out of the garage or driving in the driveway, have another adult hold your child a safe distance away so he is not run over.
- Keep your child away from moving machines, lawn mowers, streets, moving garage doors and driveways.
- Have your child wear a good-fitting helmet on bikes and trikes.

Toilet Training

- Signs of being ready for toilet training: Dry for 2 hrs, Knows if he is wet or dry, Can pull pants down and up, Wants to learn, Can tell you he is going to have a bowel movement.
- Plan for toilet breaks often. Children use the toilet as many as 10x each day.
- Help your child wash his hands after using the toilet and diaper changes, and before meals.
- Clean potty chairs after each use.
- Teach your child to cough or sneeze into his shoulder. Use a tissue to wipe his nose.
- Take your child to choose underwear when he feels ready to do so.

How Your Child Behaves

- Praise your child for behaving well.
- It is normal for your child to protest being away from you or meeting new people.
- Listen to your child and treat him with respect. Expect other to do as well.
- Play with your child each day, joining in things he likes to do.
- Hug and hold your child often.
- Give your child choices between 2 good things in snacks, books or toys.
- Help your child play with other children, but do not expect sharing.
- Never make fun of the child's fears or allow others to scare your child.
- Watch how your child responds to new people or situations

WHEN TO CALL YOUR DOCTOR'S OFFICE:

Call our office at (703) 670-0300 if he or she: Has a rectal temperature of 100.4°F or higher, Cries a lot more than normal or can't be comforted, Has any illness or medical condition

Call 911 or go to the nearest ER for medical emergencies (trouble breathing with or without bluish discoloration of lips/face, high/persistent fever, excessive vomiting or diarrhea and dehydration, seizure, limp or lethargy, apnea, altered mental status, un-consolable crying, motor vehicle accident and injury.

Poison Help: 800-222-1222
Child Safety Seat Inspection: 866-Seatcheck or seatcheck.org