

BOULEVARD CENTER PEDIATRICS

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Today's Date: _____

30 Months Visit

Next Visit: @ 36 Months of Age

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

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 child 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.

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.

Learning to Talk & Communicate

- Limit TV to no more than 1-2 hrs each day.
- Be aware of what your child is watching on TV.
- Read books together every day. Reading aloud will help your child get ready for preschool. Take your child to the library and story times.
- Give your child extra time to answer questions.
- Listen to your child carefully and repeat what is said using correct grammar.

Getting Ready for Preschool

- Make toilet training easier.
 - Dress your child in clothing that can easily be removed.
 - Place your child on the toilet every 1-2 hrs.
 - Praise your child when successful.
- Try to develop a potty routine.
- Create a relaxed environment by reading or singing on the potty.
- Think about Preschool or Head Start for your child.
- Join a playgroup or make playdates.

Family Routines

- Get in the habit of reading at least once a day.
- Your child may ask to read the same book again and again.
- Visit zoos, museums and other places that help your child learn.
- Enjoy meals together as a family.
- Have quiet pre-bedtime and bedtime routines.

- Be active together as a family.

Safety

- Be sure that the car safety seat is correctly installed in the back seat of all vehicles.
- Never leave your child alone inside or outside your home, especially near cars.
- Limit time in the sun. Put a hat and sunscreen on the child before he goes outside.
- Teach your child to ask if it is OK to pet a dog or other animal before touching it.
- Be sure your child wears an approved safety helmet when riding trikes or in a seat on adult bikes.
- Watch your child around grills or open fires. Place a barrier around open fires, fire pits or campfires. Put matches well out of sight and reach.
- Install smoke detectors on every level of your home and test monthly. It is best to use smoke detectors that use long life batteries, change batteries every year.
- Make an emergency fire escape plan.

Water Safety

- Watch your child constantly whenever he is near water including buckets, play pools and the toilet. An adult should be within arm's reach at all times when your child is in or near water.
- Empty buckets, play pools and tubs right after use.

- Check that pools have 4 sided fences with self closing latches.

Getting Along With Others

- Give your child chances to play with other toddlers.
- Have 2 or his favorite toys or have friends but the same toys to avoid battles.
- Give your child choices between 2 good things in snacks, books or toys.
- Follow daily routines for eating, sleeping and playing.

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