

Rourke Baby Record Well Child Information

Parents often wonder about their child's health, leading to the frequently asked question: "Is my child healthy and growing normally?"

These information sheets outline normal and healthy growth and developmental milestones, and common health topics for your child.

Due to space constraints, some messages are repeated at several ages while others appear only once. Read the complete set of sheets to obtain the entire information.

The Rourke Baby Record (RBR) is a guide that many Canadian doctors and other healthcare professionals utilize for well baby and child visits for infants and children from 1 week to 5 years of age. Its website, www.rourkebabyrecord.ca, includes forms for charting well baby visits and related resources for parents and for healthcare professionals.



Resources

You can visit the RBR Parent Resources website (www.rourkebabyrecord.ca) for additional help to answer questions that you may have about your child.

For more information on your child's health, the top 5 websites cited by the RBR Parent Resources are:

1. Canadian Pediatrics Society – Caring for Kids (www.caringforkids.cps.ca)
2. Hospital for Sick Children – About Kids Health (www.aboutkidshealth.ca)
3. Parachute - formerly Safe Kids Canada (www.parachutecanada.org)
4. Dietitians of Canada (www.dietitians.ca)
5. Health Canada (www.hc-sc.gc.ca)

Support and Acknowledgements

The RBR Parent Resources website and this series of information sheets have been created by Laura Butler, BSc, Memorial University of Newfoundland (MUN) Medicine Class of 2014, and the RBR authors (Drs. L. Rourke, D. Leduc and J. Rourke). Two MUN Summer Undergraduate Research Awards, and MUN Professional Development and Conferencing Services have supported these projects. Evaluation project by Dr Aimee Holla, MUN FM Resident.

Support for the RBR includes the Province of Ontario through McMaster University's Offord Centre, and MUN's Dr. W. Ingram Award. Licensing contributions for RBR electronic medical record use go to the MUN RBR Development Fund.

As evidence-based information is constantly changing, the Rourke Baby Record and these recommendations should be used as a guide only.

Dec 6/13



Rourke Baby Record

Well Child Visit

Information about your
child who is:

2-3 Years Old

2 to 3 years

Feeding & Growth

- ❑ Feed your child following Canada's Food Guide for optimal nutritional value. Serve small nutritious meals and snacks. Because she has a small stomach, she needs to eat small amounts of food more often throughout the day.
- ❑ You can gradually change your child's diet to a lower fat diet. For example, you can now switch from homogenized milk to skim, 1% or 2% milk. At this age, he will likely drink about 500 mL (16 oz) of milk per day.
- ❑ Avoid sweetened liquids or fruit juices as they can cause tooth decay, overweight, or diarrhea, and can take the place of healthy foods. Satisfy his thirst with water.
- ❑ Because your child is not growing as rapidly now, she will want to decide how much and what she wants to eat. This may be less than what you expect.
- ❑ To prevent choking, avoid small, round, hard, smooth and sticky foods until 3 years of age. Do not let your child walk around while eating.
- ❑ Encourage pesticide-free foods. Pesticide exposure can be reduced by washing, peeling, cooking or processing foods.
- ❑ Be a good role model for healthy eating. Eat together as a family away from the TV or other distractions.

Preventing Injuries

- ❑ Car seat safety: Your child can be in a forward-facing child car seat, in the back middle seat of the car, after 1 year of age, if he weighs between 10 - 22 kg (22 - 48 pounds). Maximum height and weight may vary with your car seat model. Follow the instructions that come with your car seat to install it properly.
- ❑ Both you and your child should wear a properly fitting bicycle helmet when cycling. Replace it if there is a heavy impact or if it shows signs of damage.
- ❑ To decrease the risk of drowning, supervise your child near water (including in the bath tub), encourage swimming lessons, fence any pool completely, use life jackets, and take boating and water safety training.
- ❑ Childproof your home. Lock away all medications, cleaning products, and matches. Secure TVs and furniture to prevent them from tipping over. Use window guards and stair gates. Find the hazards before your child does. Have Emergency numbers handy. Use safe toys appropriate for her age, and remove loose parts and broken toys to prevent choking.

Other Advice

- ❑ Your child is usually toilet training at this age. Signs that your child is ready to potty train include interest in toileting, and letting you know when she needs to use the toilet.
- ❑ Under 3 years, brush your child's teeth twice daily with water (if low risk for tooth decay) or with a rice grain-sized portion of fluoridated toothpaste (if high risk for tooth decay). Supervise his brushing from 3 - 6 years with a small amount (pea-sized portion) of fluoridated toothpaste twice daily. See your dentist for regular check-ups.
- ❑ Warm, consistent and responsive discipline techniques are associated with positive behavior outcomes. Praise good behavior.

Development

- ❑ At 2 years your child should:
 - Combine 2 or more words.
 - Understand 1 and 2 step directions.
 - Walk backward 2 steps.
 - Try to run.
 - Put objects into a small container.
 - Use toys for pretend play.
 - Continue to develop new skills.
- ❑ At 3 years your child should:
 - Understand 2 and 3 step directions.
 - Use sentences with 5 or more words.
 - Walk up stairs using a handrail.
 - Twist lids off jars or turn knobs.
 - Share some of the time.
 - Play make-believe games with actions and words (e.g. pretending to cook, drive a car, etc).
 - Turn pages one at a time.
 - Listen to music or stories for 5 - 10 minutes.
- ❑ Limit TV, video and computer time to allow more time for reading and for physical activity with him.
- ❑ Play silly games, guessing games, active games, and make believe.
- ❑ Play sorting games with toys, blocks, and other objects. You can sort by size, colour, shape, etc.
- ❑ Allow some independence such as dressing, helping with household tasks, etc.
- ❑ Help put words to your child's feelings.
- ❑ Report any concerns about your child's development, including her hearing and vision, to her physician or other healthcare professional.