



Cedar Park Pediatric & Family Medicine

Complete Medical Care for your Family

30 month (2 ½ year old) Well Child Check

Isn't it a strange feeling when your child's well checks all of a sudden start getting more and more spaced out after they grow out of the frequent first-year visits? The American Academy of Pediatrics (AAP) recommends well checks at 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 24 months, 30 months, 36 months, and yearly starting at age 3.

An incredible amount of growth and change is happening in such a short amount of time! Your child goes from a newborn baby who eats, sleeps, and uses diapers to a walking, talking, singing, jumping, tricycle-riding preschooler. Children can quintuple their weight in that time and double their length. These are all the things your pediatrician will follow and discuss with you at each well check.

The addition of a **30 month (2 ½ year old) well check** in addition to the 2 year old and 3 year old visit is now offered at Cedar Park Pediatric and Family Medicine. It can seem so long between 2 and 3 when so much is changing - but now it is just 6 months between well checks, versus a year. This well check in particular is focused on development as well as the usual growth check. Often we will discuss potty training, night terrors, fears, temper tantrums and other behavior concerns, picky eating, safety, activities, and other development questions.

At 2 ½ years old, your child will start putting words together more frequently in a sentence and those sentences will lengthen and become more complex. They start riding a tricycle. They may start or be on the way to potty training, or not at all interested. What he or she can accomplish physically really blossoms during this age range, as well as language skills and fine motor skills. However, there can be a large variation in development between children at this age, so it is important to work with your pediatrician to monitor your child's progress.

At the 30-month well check, discuss with your pediatrician:

- Growth and development of your child.
- Any accomplishments and/or challenging behavior associated with typical 2 year old development.
- Identify any problems or concerns as early as possible and get referrals for special programs or specialists for further evaluation if needed.

Call us at 512-336-2777 if your child is between 2 and 2 ½ years old to schedule their 2 ½ year well child check at either of our two locations with any of our six pediatricians. We look forward to seeing you soon!

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