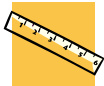




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**30 Months**

Every child is unique. The following is a guide to help you better understand what to expect from your child.



**HOW DO I MEASURE UP?**

WEIGHT: \_\_\_\_\_ lbs \_\_\_\_\_ oz \_\_\_\_\_ %  
HEIGHT: \_\_\_\_\_ inches \_\_\_\_\_ %

**HEALTHY HABITS: RULE OF 2's:**

- Brush your teeth 2 times a day
- Limit juice to 2 glasses a day
- Drink at least 2 glasses of 2% milk per day (> age 2)
- Limit fast food to 2 times per week
- NO more than 2 hours of combined time for video games, computer and TV
- 2 minute time outs when necessary
- Tell your child you love them 2 times per day!



**IMMUNIZATIONS:** catch up only 😊



**DEVELOPMENT:**

**30 months:**

- Helps with dressing
- Plays with others, but doesn't share well !
- Language mostly understandable by others
- Using 3-4 word sentences
- Expresses emotions

**3 years:**

- Obeys simple rules
- Plays simple, interactive games with others
- Relates experiences with short sentences
- Vocabulary >300 words
- Climbs, runs, catches, rides trike



**NEXT VISIT: 3 YEARS**