



# West Virginia HealthCheck

## 30 Month Visit

### What to Expect at the 30 Month Visit

Walking on tiptoes, jumping up and down, 3-4 word phrases and simple songs are characteristic of the 30 month old child. During this visit some questions your provider may ask include:

Tell me about how your child likes to play?

Is your child able to dress and brush his teeth with help?

When your child is speaking, is he using short sentences? Can you understand what he is saying?

Have you begun toilet training? If so, how is it going?

- Your child's length, weight and **BMI** will be measured.
- Your provider will use a **standardized developmental screening tool** to evaluate your child's overall development.
- Your child will have a complete head-to-toe physical examination.
- Your provider will ask questions about exposure to **tuberculosis** and **lead**.
- Throughout the visit, you will have opportunities to talk with the provider about questions and concerns you may have about your child. In addition, your provider will give you information on toilet training, safety, and talk about TV limits and preschool readiness.

### Preventive Care Tips: Health Education

Why is health education such an important part of the well child visit? Because health education is more than learning about symptoms and treatment of medical problems it is also about disease prevention and how to improve and maintain a healthy lifestyle for your child.

During this portion of the well child visit the provider will talk with parents about their child's physical health and emotional health. Information on how to understand and manage childhood health conditions will be given. Your provider will also supply information on how to raise emotionally healthy children and how to manage common behavioral and mental health conditions and difficult life situations (stress). This information will promote habits to help children to grow up healthy, safe and happy.

Health education is also the opportunity to give attention to special needs children that require unique care and attention. Health education addresses how to access care, taking these children's special needs into consideration.

Anticipatory guidance is an important part of health education. The term anticipatory guidance refers to providers giving information and counsel to parents or caregivers about child development and behavior. Families will receive tips on understanding what to expect during their child's current and upcoming stage of development and how a positive family environment can improve child development.

Some health education topics to talk about with your child's provider include:

- Healthy Habits
- Discipline
- Prevention of Illness
- Safety
- Nutrition
- Child Care and School
- Oral Health

Your provider should take steps to learn about your family and target the discussion to the particular needs of your family.

### What To Expect At The 3 Year Visit

- Body Mass Index (BMI) will be calculated.
- Your child will have his blood pressure checked.
- Your child will have a **visual acuity screen**.

**West Virginia  
HealthCheck Program  
1-800-642-9704**

[www.dhhr.kj.gov/healthcheck](http://www.dhhr.kj.gov/healthcheck)

**Transportation Assistance  
Contact MTM to schedule a ride  
1-844-549-8353**

[www.mtm-inc.net/west-virginia](http://www.mtm-inc.net/west-virginia)