



Child's name \_\_\_\_\_

Date \_\_\_\_\_

Age \_\_\_\_\_

Relationship to child \_\_\_\_\_

**M-CHAT-R™** (Modified Checklist for Autism in Toddlers Revised)

Please answer these questions about your child. Keep in mind how your child usually behaves. If you have seen your child do the behavior a few times, but he or she does not usually do it, then please answer **no**. Please circle **yes** or **no** for every question. Thank you very much.

- |  |     |    |
|--|-----|----|
| 1. If you point at something across the room, does your child look at it?<br>( <b>FOR EXAMPLE</b> , if you point at a toy or an animal, does your child look at the toy or animal?)  | Yes | No |
| 2. Have you ever wondered if your child might be deaf?   | Yes | No |
| 3. Does your child play pretend or make-believe? ( <b>FOR EXAMPLE</b> , pretend to drink from an empty cup, pretend to talk on a phone, or pretend to feed a doll or stuffed animal?)                                      | Yes | No |
| 4. Does your child like climbing on things? ( <b>FOR EXAMPLE</b> , furniture, playground equipment, or stairs)   | Yes | No |
| 5. Does your child make <u>unusual</u> finger movements near his or her eyes?<br>( <b>FOR EXAMPLE</b> , does your child wiggle his or her fingers close to his or her eyes?)   | Yes | No |
| 6. Does your child point with one finger to ask for something or to get help?<br>( <b>FOR EXAMPLE</b> , pointing to a snack or toy that is out of reach)   | Yes | No |
| 7. Does your child point with one finger to show you something interesting?<br>( <b>FOR EXAMPLE</b> , pointing to an airplane in the sky or a big truck in the road)   | Yes | No |
| 8. Is your child interested in other children? ( <b>FOR EXAMPLE</b> , does your child watch other children, smile at them, or go to them?)   | Yes | No |
| 9. Does your child show you things by bringing them to you or holding them up for you to see – not to get help, but just to share? ( <b>FOR EXAMPLE</b> , showing you a flower, a stuffed animal, or a toy truck)          | Yes | No |
| 10. Does your child respond when you call his or her name? ( <b>FOR EXAMPLE</b> , does he or she look up, talk or babble, or stop what he or she is doing when you call his or her name?)                                  | Yes | No |
| 11. When you smile at your child, does he or she smile back at you?  | Yes | No |
| 12. Does your child get upset by everyday noises? ( <b>FOR EXAMPLE</b> , does your child scream or cry to noise such as a vacuum cleaner or loud music?)   | Yes | No |
| 13. Does your child walk?  | Yes | No |
| 14. Does your child look you in the eye when you are talking to him or her, playing with him or her, or dressing him or her?   | Yes | No |
| 15. Does your child try to copy what you do? ( <b>FOR EXAMPLE</b> , wave bye-bye, clap, or make a funny noise when you do)   | Yes | No |
| 16. If you turn your head to look at something, does your child look around to see what you are looking at?  | Yes | No |
| 17. Does your child try to get you to watch him or her? ( <b>FOR EXAMPLE</b> , does your child look at you for praise, or say “look” or “watch me”?)   | Yes | No |
| 18. Does your child understand when you tell him or her to do something?<br>( <b>FOR EXAMPLE</b> , if you don’t point, can your child understand “put the book on the chair” or “bring me the blanket”?)                   | Yes | No |
| 19. If something new happens, does your child look at your face to see how you feel about it?<br>( <b>FOR EXAMPLE</b> , if he or she hears a strange or funny noise, or sees a new toy, will he or she look at your face?) | Yes | No |
| 20. Does your child like movement activities?<br>( <b>FOR EXAMPLE</b> , being swung or bounced on your knee)   | Yes | No |

Ht:

Date:

Wt:

## 30 MONTH VISIT

Half way through the Two's! Congrats! Her speech should be more complex. She is able to run, jump, climb, and play with ease. She is constantly asking questions and people understand a lot of what she is saying. She should have lots of friends by now, though some children will still parallel play.

### Development

1. Keep working on "Potty Encouraging." If you are experiencing more issues with hard stools or with-holding stools, please reach out to discuss.
2. Most children will drop the afternoon nap during this year, so try to turn it into a healthy hour or so of "quiet time." The family could use it!
3. Limit screen time and smart phone/tablet use. Excessive screen time clearly impacts obesity rates in this country. We have limited understanding on the impact of these devices on the developing brain. Go enjoy the latest family movie. Have fun playing appropriate games on your tablet. Incorporate these technologies to your advantage, but don't let them become a significant part of your everyday routine with your child. We all know how addictive these devices can be. If a screen is becoming a babysitter, you are using it too much.
4. Milestones matter and concerns for autism should be addressed head on with your provider:
  - a. Vocabulary should be growing rapidly now and two word phrases should be used frequently
  - b. Your 2 1/2 year old should be easily manipulating his environment, using his hands, opening and closing, playing with toys appropriately, reading books.
  - c. Lots of pretend play!
  - d. Your 2 1/2 year old should understand most everything you say to them and follow complex commands — we didn't say they would necessarily listen though :)

### Injury Prevention

1. Keep using the car seat. It is best to keep your child in a five-point restraint car seat for as long as you can. Most seats go up to 60-100 lbs, so don't move to a booster until as old as possible. Remember, riding in the car is the most dangerous thing your child does every day.
2. Water and choking remain significant risks to your three year old. If you need a handout about safety tips, please ask.
3. Keep firearms unloaded in a locked case. Keep ammunition stored separately.
4. Teach your child about the dangers of chasing a pet or a ball into the street. **DO NOT** depend on your child to remember these instructions. Closely supervise children near roads.
5. Continue to talk to your child about not following strangers and about not accepting touching they do not like by others. Do not make your child hug or kiss people when they do not want to. Play "what if" games to teach your child about dealing with strangers. For example, "what if someone wanted you to help them look for a puppy in the woods?" See what your child would do. Teach your child what he/she should do in these situations. Teach them where their "private parts" are and that private parts are *private*.
6. It's time to buy a helmet!

### Nutrition

1. It's best to focus on what your 2 1/2 year old eats over the course of a week. If you worry about the day-to-day, meals will become more and more frustrating. Realize that children will eat great one day and then nothing the next.
2. Almost all children eat enough calories to grow. If you worry about their nutrition, then use a daily vitamin so you can stop worrying.
3. Obesity is a significant health threat. Continue to focus on healthy snacks with plenty of fruits and veggies. Limit drinking calories. Use the lowest calorie milk that you can. Sugary drinks are completely unnecessary at this age and a very easy habit to break. That is not the case as your child gets older. Be sure that you understand your child's growth chart.

### Next Visit

At the three year visit, there will be NO routine vaccines nor blood work. We hope your child will enjoy coming to the doctor's office by them . . . maybe? If behavioral issues are becoming problematic, don't hesitate to reach out to discuss with your provider as you don't want your "Terrible Two'er" becoming a "Threenager."



# Media Guidelines For Toddlers (Ages 1-4)

Media is everywhere. Here's how to integrate technology into your toddler's life in a healthy way.

## How should my toddler be using digital media?

- A.** Babies and young children do not truly understand what they are seeing on a screen, therefore the experience cannot enhance knowledge.
- B.** Limit exposure. Children under **18 months** should not have access to technology; after **18 months** 1 hour per day of high quality programming is ideal. Handheld devices not recommended. No electronics at night.
- C.** **Lead by example:** parents should try to limit tablet/electronic use around young children.
- D.** Parents should not let young children use media alone. Encourage conversation, interactive play, and traditional toys and games.
- E.** Leave tablets at home as much as possible. Alternatively, only use on specified outings, such as going out to dinner, etc.
- F.** Toddlers will be upset when asked to stop using technology- give time warnings to help with the transition when time is up.