

your child @TM

24 to 36 months

highlights of what's happening at this stage of your child's development ...

By 36 months, your child will probably be able to say about 900 words and use short sentences.

Your child's health

The Well Visit

By 2, your child should have received most of his vaccinations. Use this visit to catch up on any missed shots. Your doctor may do a blood test.

Let your doctor know if your child:

- Does not follow easy directions.
- Does not copy actions or words.
- Walks only on toes.
- Does not use 2-word sentences.



Nutrition

Children this age may be fussy eaters and lose interest in food. Give her healthy choices, if possible. If she doesn't want it today, try it again next week. Avoid junk food.

Sleep

It may be time to leave the crib and move to a bed.

- Make the change exciting. Talk about the big bed. Talk about what might go in it, like a favorite stuffed animal.
- Keep the same bedtime and routines. Teach your child to stay in bed after he's been kissed good night. Your child may get out of bed. Quietly take him back until he learns to stay there.

Remember

Accidents happen; do not punish your child for them.

Toilet Training

Your child may begin to show signs that she is ready to potty train. Does she:

- Pull her pants up and down?
- Show interest in the potty?
- Dislike wearing a dirty diaper?
- Have long dry periods?

Starting the Process

- Buy a potty seat or attachment for the toilet. Let your child practice sitting on it.
- Teach her to sit and wipe.

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Sources: *Your Baby's First Year* and *Caring for Your Baby and Young Child*, American Academy of Pediatrics, Steven P. Shelov, MD, FAAP, editor in chief; *Understanding Children*, Civitas and Richard Saul Wurman; *KidBasics*, Civitas; *Healthy Sleep, Happy Child*, Marc Weissbluth, MD.

Civitas thanks **Parents as Teachers**, an international early childhood parent education and family support program, for their ongoing support.

Your child's health, continued

- Toilet Training, continued** *Remember*
- Encourage your child. Be patient.
 - Take it slowly. Learning may take time.

Nurturing your child

- Behavior** *The Testing Twos*
- Your child will test his independence. He may have temper tantrums and use the word “no” a lot.

Tips for Surviving Tantrums

- Try to stay calm, instead of getting angry.
- Do not spank. Instead, give consequences that relate to the bad behavior. For example, take your child out of the store if he acts up.
- Stay in control. Do not allow your child to be the boss. Don't buy him treats just to stop a tantrum.
- Avoid situations that may cause problems. Does your child have a fit when he is hungry? Remember to carry healthy snacks with you.

- Early Learning** Read, write, and create with your child every day.
- Read together every day. Point to words and ask questions when you read.
 - Give her paper and a crayon to color, draw, or pretend to write.
 - Help her use her imagination. Use blocks as flying cars or zoo animals.
 - Limit TV and computer time. You are a better teacher than any TV or computer program.

Your child's safety

- In the Car** By law, your child must be buckled in an approved car seat, secured in the middle of the back seat.

Born LearningSM is a public engagement campaign helping parents, caregivers and communities create early learning opportunities for young children. Designed to support you in your critical role as a child's first teacher, Born Learning educational materials are made available through the efforts of United Way, United Way Success By 6 and Civitas. For more information, visit us online at www.bornlearning.org.



For local resources and information about early childhood education or programs call United Way First Call For Help at 1-866-733-3748 or log-on to www.uwayscc.org.