

YOUR 2 OR 3 YEAR OLD

POINTS TO REMEMBER



SAFETY

- ♥ **ALWAYS** use a car seat, appropriate for your child's age and make sure it is secured properly in the back seat of the car. **NEVER** leave your child in the car or house alone, with a pet or other young children.
- ♥ **ELIMINATE** tobacco smoke in your baby's environments (daycare center, the home of your babysitter or relatives, etc). **MAKE** your car and home a no-smoking zone.
- ♥ **ALWAYS SUPERVISE** your child when he/she is around water. **MAKE SURE** the swimming pool in your community or apartment complex has a four-sided fence with a self-closing, self-latching gate. **ALWAYS** make sure your child wears a life vest when he/she is in a boat, swimming or playing in water. Floatation devices or knowing "how to swim" do not make a child safe in water. **NEVER** leave your child alone or trust another young child to supervise him/her around water. Empty mop water, bathtubs, and swimming pools immediately after use.
- ♥ **PUT** sunscreen on your child before he/she goes outside to play or swim.
- ♥ **INSTALL** smoke detectors in your home. **CHANGE** the batteries twice a year when the time changes in the spring and fall.
- ♥ **NEVER** allow your child to ride in a vehicle if you suspect the driver has been using alcohol or drugs. **DO NOT ALLOW** anyone using alcohol or drugs to provide childcare.
- ♥ **CONTINUE TO HAZARD PROOF** your home. Use safety locks on cabinets. Keep medicine and poisonous products in a safe, secure, locked place. Be sure there are childproof caps on all medications. If your child accidentally takes medication, or puts a poisonous product in his/her mouth, call the **POISON HOTLINE** immediately at **1-800-722-5725**. Keep Syrup of Ipecac and activated charcoal in your home. Do not give until you call the poison control center. Keep cigarettes, matches, lighters, alcohol, and electric tools out of your child's reach.
- ♥ **PLACE** plastic safety plugs in electrical sockets and make sure electric wires, electric cords, outlets, and all appliances are protected from your child. Keep your child away from peeling paint.
- ♥ **NEVER UNDER ESTIMATE** the power of 2- and 3-year olds to climb. **ALWAYS** supervise your child around stairs and place gates at the top and bottom of stairs.
- ♥ **GET DOWN ON THE FLOOR** at your child's eye level to look for hazards, (coins, buttons, ropes, curtain or mini-blind cords, pins or needles, pencils or ballpoint pens, sharp or rough edges of furniture).
- ♥ **WHEN COOKING, ALWAYS** turn pan handles toward the back of the stove. **KEEP** your child away from hot stoves, space heaters, curling irons, wood stoves, fireplaces, and candles. **ALWAYS** keep matches and cigarette lighters out of a child's reach. **NEVER** leave heavy objects or hot liquids close to the edge of a table or on tablecloths where there is a danger your child could get the edge of the tablecloth and pull it down.
- ♥ **MAKE SURE** all guns in the house are locked in a secure place and the ammunition is stored in a separate place. A trigger lock is extra protection that no one can fire your gun.
- ♥ **TEACH** your child not to approach dogs, or other animals and to **NEVER** talk to strangers.
- ♥ **SUPERVISE** your child's play on playgrounds and make sure the playgrounds are safe. Check for safe surfaces under playground equipment and make sure the equipment is not made of pressure treated wood and the equipment is not over 3 feet tall.
- ♥ **INSPECT** toys for small or damaged parts and do not allow your child to play with toys with rough, broken or sharp edges. **DON'T** allow your child to play with latex balloons, plastic bags or marbles.
- ♥ **CHOOSE** caregivers carefully; **DISCUSS** childcare routines with them and **PROHIBIT** spanking.
- ♥ If you or your child are experiencing emotional, physical, or sexual abuse, **TELL** your health care provider or call the **ABUSE HOTLINE 1-800-752-6200** for help. Teach your child that some areas of the body are private. Explain to your child no one should touch the "private parts" of his/her body without permission.

NUTRITION

- ♥ **FEED** your child at family mealtimes and give him\her two to three nutritious snacks a day. **MAKE** meal times pleasant and encourage conversation. **MAKE SURE** your child's caregiver gives your child a variety of nutritious foods.
- ♥ **PROVIDE** nutritious snacks for your child, such as yogurt, fruits, vegetables or cheerios. Limit sweets and high-fat snacks such as candy, soft drinks, and chips.
- ♥ **OFFER** your child nutritious foods and let him\her decide what and how much he\she wants to eat. Choose the menu and include foods which your child likes, but do not allow him\her to dictate what foods you will have for meals. Serve meals at the table and include a variety of foods.
- ♥ **ASK** your health care provider about the WIC program.

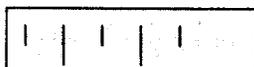


HEALTHY TEETH

- ♥ **TEACH AND HELP** your child to thoroughly brush his\her teeth, using a soft toothbrush and a pea-sized amount of fluoridated toothpaste.
- ♥ **SCHEDULE** a dental visit for your child. Check your child's mouth and gums regularly for redness, sore places, or new teeth.

CARE and INTERACTIONS

- ♥ **PRAISE** your child for good behavior. Pick your child up, cuddle, hug, and talk to him\her.
- ♥ **SHOW AFFECTION** in your family; spend individual time with each child, playing with him\her, and doing activities together. Show respect for your child and serve as a positive role model.
- ♥ **ENCOURAGE** language development by reading books, singing songs, and talking about what you and your child are seeing and doing together. **LIMIT** television watching to 1 hour per day and avoid letting your child watch violent TV shows.
- ♥ **GUIDE** your child through learning experiences and allow him\her to explore and investigate nature within limits. Expect to hear your child say "No" as child tries to do more for himself. Establish a routine "storytime".
- ♥ **ENCOURAGE** your child to play alone as well as with playmates, brothers, sisters, or parents and promote physical activity in a safe environment.
- ♥ **USE DISCIPLINE** as a method of teaching and protecting, not as a punishment. To discipline a child, use distraction, gentle restraints or removal of an object. If necessary, **REMOVE** the child for a time-out from the situation and what is bothering him\her. **DISCOURAGE** your child from hitting, biting, and other aggressive behaviors.
- ♥ **PROMOTE** toilet training when your child is dry for periods of about 2 hours, knows the difference between wet and dry, can pull his pants down and let you know when he\she needs to have a bowel movement.



GROWTH AND DEVELOPMENT

TYPICALLY A 2 YEAR OLD CHILD:

- ♥ Can go up and down stairs one step at a time.
- ♥ Can kick a ball, and stack six blocks.
- ♥ Has a vocabulary of at least 20 words and uses two word phrases.
- ♥ Makes straight or circular marks with a crayon.
- ♥ Imitates adults and follows 2 step commands.

TYPICALLY, A 3 YEAR OLD CHILD:

- ♥ Jumps in place, kicks a ball, balances on one foot.
- ♥ Rides a tricycle.
- ♥ Knows his name, age, and sex.
- ♥ Copies a circle and a cross.
- ♥ Can feed and dress him\herself.
- ♥ Shows early imaginative behavior .

Reference: Maternal and Child Health Bureau, *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents*, National Center for Education in Maternal and Child Health, 1994, Arlington, VA.