

# YOUR 2 or 3 YEAR OLD

## POINTS TO REMEMBER

### SAFETY

- **BE SURE** your child's car safety seat is properly installed in the back seat according to the manufacturer's instructions and the vehicle's owner manual. The back seat is the safest place for your child to ride. Children watch what parents do, so it is important for you to model safe behaviors by always wearing your safety belt. **NEVER** leave your child alone in the car, house, or yard. **DO NOT** expect young brothers or sisters to watch over your child.
- **WHEN** your toddler is playing outside, make sure she stays within fences and gates and remember to watch her closely.
- **KEEP** your toddler away from moving machinery, lawn mowers, overhead garage doors, driveways, and streets. **WHEN** you or other adults are **BACKING OUT** of the driveway, **BE SURE** another adult is holding your child so that he/she is not run over. The driver may not be able to see her.
- **CLOSELY WATCH** all play near streets or driveways. Your child is not ready to cross the street alone.
- **BE SURE** that your child wears a helmet approved by the CPSC when riding on a tricycle or in a seat on an adult's bicycle. **WEAR** a helmet yourself. Make sure everyone's helmets properly fit according to the manufacturer's instruction.
- **WATCH** your toddler constantly whenever they are near water, including bathtubs, play pools, buckets and the toilet. A supervising adult should be within arm's reach, providing "touch supervision," whenever young children are in or around water. Empty buckets, tubs, or small pools immediately after use. Be sure that swimming pools in our community apartment complex or home have a 4-sided fence with a self-closing and self-latching gate.
- **IF** it is necessary to keep a gun in your home, it should be stored unloaded and locked, with the ammunition locked separately from the gun. The best way to keep your child safe from injury or death from guns is to **NEVER** have a gun in the home.
- **CHILDREN** are excellent climbers. To prevent child from falling out of windows, keep furniture away from windows and install operable window guards on second-and-higher-story windows.
- **IF** you or your child is 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** mealtimes pleasant and encourage conversations. **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, sugar sweetened drinks and chips.
- **OFFER** your toddler limited choices between one of 2 equally acceptable, healthy options helps build your child's independence. Having more than 2 options to choose from is overwhelming and frustrating for your toddler.
- **ASK** your health care provider about the WIC program.

### HEALTHY TEETH

- **TEACH AND HELP** your child to thoroughly brush his/her teeth twice a day, 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

- **ENJOY** being **PHYSICALLY ACTIVE** as a family (walk, hike, bike, play tag).
- **LIMIT** TV watching to no more than 1-2 hours per day. Choose alternatives for together time, such as reading, listening to music, or playing games.
- **READ** books together every day. Reading aloud with your child will help him be ready for preschool, and then school. Establish a routine “story time”. Use books as a way to talk together. You don’t have to read the text to your child. You can just look at the pictures and talk about the story.
- **GUIDE** your child through learning experiences and allow him to explore and investigate nature within limits. Expect to hear “No” as they try to do more for themselves.
- **ENCOURAGE** interactive games and help them understand the importance of taking turns.
- **USE DISCIPLINE** as a method of teaching and protecting, not as a punishment. To discipline a child, use distraction, gentle reminders or the 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/her pants down and let you know when he/she needs to have a bowel movement. **DO NOT** force, punish or shame him for accidents or reluctance to try. **USE PRAISE** for all efforts and interests, offer choices about trying the potty, and keep reading stories about potty training with your toddler. **HELP** your child wash her hands after diaper changes or toileting and before eating. Make sure to wash your own hands often.

## GROWTH and DEVELOPMENT

TYPICALLY, A 2 YEAR OLD CHILD:	TYPICALLY, A 3 YEAR OLD CHILD:
Can go and up down stairs one step at a time	Jumps in place, kicks a ball, balances on one foot
Can kick a ball and stack six blocks	Rides a tricycle
Has a vocabulary of at least 20 words and uses two word phrases	Knows his/her name, age, and sex
Makes straight or circular marks with a crayon	Copies a circle and a cross
Imitates adults and follows two step commands	Can feed and dress him/herself
	Shows early imaginative behavior