

30 Month Old Handout

Development

- At this age your child might:
 - Help get herself dressed.
 - Play with others, but may have difficulty sharing.
 - Be understood about 50% of the time by others.
 - Use 3-4 word sentences.
 - Have a vocabulary of about 300 words.
 - Brush teeth with help twice a day.
 - Point to 6 body parts.
 - Express emotions.
 - climb , run, catch, and try to ride a tricycle.
 - Thrive on daily eating, playing, and sleep routine.
 - Might start showing an interest in potty training.

Learning to Talk and Communicate

- Limit screen time (TV/Videos/Tablet/Phone) to no more than 1–2 hours each day.
- Be aware of what your child is watching on TV.
- Read books together every day. Reading aloud will help your child get ready for preschool. Take your child to the library and story times.
- Give your child extra time to answer questions.
- Listen to your child carefully and repeat what is said using correct grammar.

Getting Ready for Preschool/Getting Along with Others

- Make toilet-training easier.
 - Dress your child in clothing that can easily be removed.
 - Place your child on the toilet every 1–2 hours.
 - Praise your child when she is successful.
 - Try to develop a potty routine.
 - Create a relaxed environment by reading or singing on the potty.
- Teach sneezing/coughing into shoulder.
- Think about preschool or Head Start for your child.
- Give your child chances to play with others toddlers. Join a playgroup or make playdates.
- Have 2 of his/her favorite toys or have friends buy the same toys to avoid battles.
- Follow a routine for eating, playing, and sleeping.

Family Routines

- Get in the habit of reading at least once each day.
- Your child may ask to read the same book again and again.
- Visit zoos, museums, and other places that help your child learn.
- Enjoy meals together as a family.
- Have quiet pre-bedtime and bedtime routines.
- Be active together as a family.
- Your family should agree on how to best prepare for your growing child.
- All family members should have the same rules.

Safety

- Be sure that the car safety seat is correctly installed in the back seat of all vehicles.
- Never leave your child alone inside or outside your home, especially near cars
- Limit time in the sun. Put a hat and sunscreen on the child before he goes outside.
- Teach your child to ask if it is OK to pet a dog or other animal before touching it.
- Be sure your child wears an approved safety helmet when riding trikes or in a seat on adult bikes.
- Watch your child around grills or open fires. Place a barrier around open fires, fire pits, or campfires. Put matches well out of sight and reach.
- Install smoke detectors on every level of your home and test monthly. It is best to use smoke detectors that use long-life batteries, but if you do not, change the batteries every year.
- Make an emergency fire escape plan.
- Water Safety
 - Watch your child constantly whenever he is near water including buckets, play pools, and the toilet. An adult should be within arm's reach at all times when your child is in or near water.
 - Empty buckets, play pools, and tubs right after use.
 - Check that pools have 4-sided fences with self-closing latches.

Diet

- Aim for 5-6 servings of fruits and vegetables daily.
- Drink 16-24 ounces of nonfat milk daily
- No sweetened drinks.
- Try to have family meals 4-5 times per week.
- Avoid foods that can cause choking such as nuts, popcorns, raisins, and hard candy.

The next visit on the 3 year visit.

Poison Help:

1-800-222-1222

Child safety seat inspection:

1-866-SEATCHECK; seatcheck.org