

Your 30 Month Old



Normal Development

Physical Development

- Washes and dries hands
- Brushes teeth with help
- Pulls pants up with assistance
- Jumps on two feet
- Throws a ball overhand

Social/Emotional Development

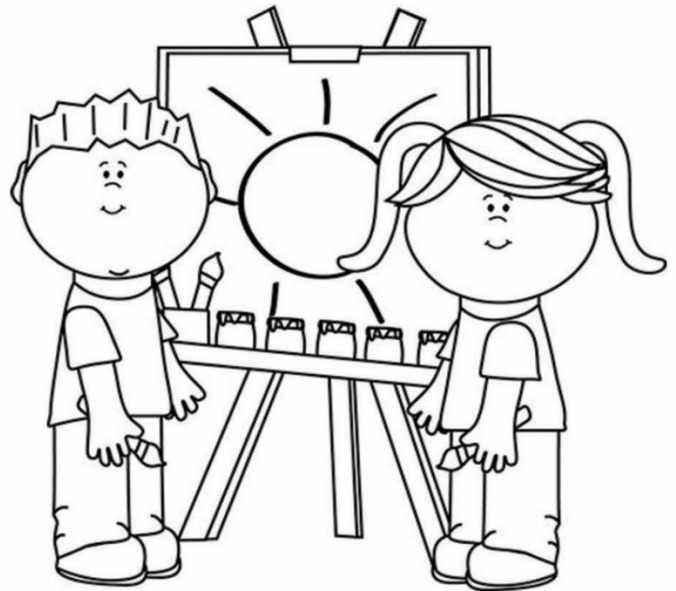
- Enjoys pretend play
- Starts to play with, not just alongside, other kids
- Can tell you when he or she needs a diaper change or has to go to the potty
- Refers to himself or herself by name

Language Development

- Says short 3-4 word phrases
- Is understandable to others 50% of the time
- Speaks using pronouns (I, me, you)
- Asks many "what" and "where" questions

Cognitive Development

- Begins to develop a sense of humor
- Understands the concept of one item or thing (e.g. "Give me one block")



Potty Time!

- Most toddlers are ready to potty train when they're between 2 and 3 years old.
- Signs that your child is ready to start potty training include:
 1. Showing interest in toilet (watching parent or sibling in the bathroom or wanting to sit on the potty)
 2. Staying dry for longer periods
 3. Pulling pants down and up with assistance
 4. Connecting feeling of having to go with peeing and pooping
 5. Telling you that diaper is wet or dirty
- See attached potty training handout

Mealtimes

- Eat meals together as a family. Model healthy food choices to your child.
- Offer a variety of vegetables, fruits, and lean meats and proteins like peanut butter, hummus, greek yogurt, eggs, beans,
- 2-3 servings of calcium per day: 1% or skim milk or calcium fortified dairy milk alternative like soy or almond milk. Other food sources of calcium include: Yogurt, cheese, broccoli, white beans, red beans, chick peas or leafy greens.
- Limit juice to no more than 4oz per day.
- Avoid high sugar and high fat foods and drinks.

Some Helpful Websites:

- Genesispediatrics.com for our Genesis Advice Packet (GAP)
- rochester.kidsoutandabout.com/ (Suggestions for fun activities to do with your kids)
- www.nysmokefree.com (NYS Smokers' Quitline for tobacco-free coaching and free nicotine replacement therapy)

Next Visit:
See you in 6 months
for the 3 year physical!

Getting Ready for Preschool

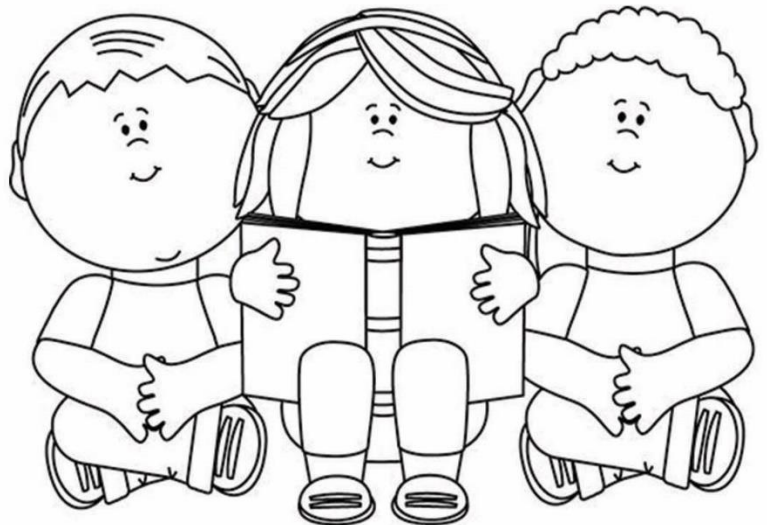
- Join a playgroup or make playdates.
- Read books about preschool and talk to your child about going to preschool
- Try to develop a potty routine by placing your child on the toilet every 1-2 hours during the day.

Family Routines

- Enjoy family meals together.
- Be active together as a family.
- Read to your child at least once each day.
- Visit zoos, museums, the library, or nature parks that help your child learn.

Learning

- Have a safe play area and allow plenty of time for exploring, pretend and active play.
- Limit screentime to no more than 1-2 hours per day. Make sure to watch quality children's programming and watch with your child.
- Keep TVs and other screens out of the bedroom.
- See attached handout about screen time.
- Consider enrolling your child in a preschool program or arranging play dates to help build social skills.



Language

- Read to your child daily to encourage language development.
- Give your child extra time to answer questions.
- Take your child to the Library and participate in story times.

Safety

- Be sure that the car seat is correctly installed.
- Never leave your child alone inside or outside your home, especially near cars.
- Limit time in the sun. Put a hat and sunscreen on your child before they head outside.
- Teach a child to ask if it is ok to pet a dog or another animal before touching it.
- Be sure your child wears a helmet when riding tricycles or in a seat on an adult bike.
- Watch your child around grills..Keep them away from open fires, fire pits or camp fires.
- Install smoke detectors on every level of your home.
- Watch your child constantly whenever he is near water including buckets, play pools and the toilet.
- Empty buckets, play pools, and tubs right after use.
- Check to make sure that pools have 4-sided fences with self-closing latches.