

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 going to the bathroom with peeing and pooping
 5. Telling you that diaper is wet or dirty

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
- If your child is interested, 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 at your house and in the neighborhood have 4-sided fences with self-closing latches.

Your Child's Development

Older toddlers are full of personality and energy. They want to know the reason for everything, which is why you may hear your child ask *Why* a lot! *What kinds of questions is your child asking? What is she curious about?*



What Your Toddler Can Do	What You Can Do
<p>My body helps me do “big kid” stuff now!</p> <ul style="list-style-type: none"> • I can pedal a tricycle. • I can dress myself with your help. • I can draw a line. • I can turn a knob or unscrew a cap. 	<p>Let your child scribble with markers and crayons. This builds early writing skills.</p> <p>Give your child chances to practice more advanced physical skills like pedaling and climbing.</p> <p>Child-proof again so that your child’s new ability to open caps and doorknobs doesn’t lead to danger.</p>
<p>I use language to express my thoughts and feelings.</p> <ul style="list-style-type: none"> • By age 3, I may use as many as 900 words. • I understand sentences with two or more ideas (<i>You can have a snack when we get home</i>). • I ask questions. • I know my first and last name. 	<p>Introduce new words to build your child’s vocabulary: <i>Is your snack scrumptious?</i></p> <p>Ask questions that require more than a yes-or-no answer: <i>Where do you think the squirrel is taking that nut?</i></p> <p>Be patient with your child’s Why questions. Ask him what he thinks before you answer.</p>
<p>I am using my new thinking skills to solve problems.</p> <ul style="list-style-type: none"> • I can remember what happened yesterday. • I act out my own stories. • I’m becoming a “logical thinker.” When I am pretending that it is bedtime for Teddy, I put a blanket on him and sing him a lullaby. 	<p>At dinnertime or before bed, talk with your child about her day. This builds memory and language skills.</p> <p>Encourage your child to use logic in everyday situations: <i>It’s raining. What do we need in order to stay dry?</i></p>
<p>My friends are very important to me.</p> <ul style="list-style-type: none"> • I like playing with other children. I may have one or two close friends. • I notice how people are the same and different—like their skin color and size. 	<p>Help children deal with conflicts around sharing and turn-taking: <i>There is only one train. I will put the timer on and you will each have 5 minutes to play with it. While you wait for your turn, you can choose to play with cars or another toy.</i></p> <p>Help your child be sensitive to differences among people: <i>Yes, people do come in all different sizes.</i></p>



As you use this resource, remember that your child may develop skills faster or slower than indicated here and still be growing just fine. Talk with your child’s health care provider or other trusted professional if you have questions.

Your family’s cultural beliefs and values are also important factors that shape your child’s development.

For more information on parenting and child development, go to: www.zerotothree.org

What's on Your Mind

My 33-month-old son has such an imagination. He wants me to call him "King Diego" and he spends all his time building castles with his blocks. Should I be worried?

Playing pretend is very common for older toddlers and preschoolers, which is a really good thing. Why? Because using their imaginations helps young children develop their thinking, language, and social skills as they talk about and think through how their story should unfold. By taking on different roles, your son is also learning to see the world from another person's point of view. By acting out stories, he is learning how to solve problems like how to build the block castle so it won't fall down. Long story short, there is no need to worry and actually many reasons to celebrate King Diego. So take a moment to get down on the floor with your son and ask what part you can act out—Queen? Soldier? Horse? You'll be having fun together and helping your son learn at the same time.

Spotlight on Making Friends

Between 30 and 36 months, toddlers really enjoy playing with friends—doing things like acting out stories, building together with blocks, or exploring the playground.

Friendships are great fun. They also help children develop important social skills like taking turns, sharing, and helping others.¹ Through friendships, children learn to communicate with others, resolve disagreements, and understand others' thoughts and feelings.² Children who are friendly, confident, and who can cooperate with others are most likely to succeed in a classroom setting.

Keep in mind that brothers and sisters are often a child's first friends, even though it may not seem like it some days! Sibling relationships provide daily practice with sharing and cooperating. They also offer children opportunities to show compassion and loving support.

What You Can Do

Make time for play. Encourage brothers, sisters, and cousins to play together. Organize playdates with friends. Join a parenting group or attend community events like library story hours.

Give nonverbal feedback. Give your child an encouraging smile when he is unsure about sharing.

Notice positive behavior. *You two figured out how to share the trains. Nice job!*

Help children understand others' feelings. *Janelle is covering her face. She doesn't like it when you*

throw the ball so hard. Let's roll it gently instead.

Encourage children to problem-solve. *You both want the tricycle. What can we do about this?*

Suggest problem-solving strategies. *How about while Marco has a turn on the tricycle, you pretend to be the traffic light and say "stop" and "go?" Then you two can switch.*

What can you do to help your child learn to be a good friend?

Did You Know...

The more television 3-year-olds watch each week, the more they ask for the foods they have seen advertised.³

What It Means for You:

Young children are influenced by what they see on television. So limit your child's TV time and try to avoid shows with advertisements. Make sure that what she *does* watch is right for

her age. And begin teaching your toddler good eating habits by offering healthy meals and snacks. You can also be a role model by eating healthy yourself. Most importantly, keep the whole family active by making time for active play every day.



Authors: Rebecca Parlakian and Claire Lerner, LCSW, ZERO TO THREE
www.zerotothree.org

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2 - Gurian, A., & Pope, A. in www.aboutourkids.org
3 - Taras, H., Sallis, J., Patterson, T., & Nader, P., & Nelson, J., 1989.

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