

2 1/2 YEARS



My photo
at 2 1/2 years.

HELP ME BE HEALTHY...

Look for signs that I am ready to start using the toilet. I will let you know when I am ready. If you wait to start toilet teaching until I am ready, the process might be easier than if you try to push me before I am ready.

I will let you know I am ready when I can:

- Stay dry for a few hours after emptying my bladder.
- Tell you "I am wet" or "I have to use the potty."
- Pull my pants up and down.
- Understand and follow your directions when you tell me "Go into the bathroom," "Wipe" or "Pull up your pants."

At first, I may not even go when I sit on the toilet. Be patient with me while I learn how to use the toilet. There are books at the library about toilet teaching that could answer many of your questions.

I GET HUNGRY OFTEN...

- I will usually eat three meals and two to three snacks a day.
- While I do like soda, cookies and candies, it is better for me to have milk, cheese, fruits, vegetables, bread and some meat. Snacks that are good for me are cheese, yogurt, juice, unsweetened cereal, fruits and vegetables cut into small pieces, or part of a sandwich.
- I am learning what foods taste like. There will be some foods that I do not like now, just as there are some foods you do not like.
- If I am a picky eater, I might try a new food if you give me a very small serving of it. I am more willing to try a new food if I know I will not be forced to eat it. I like it when you give me a taste of the food from your plate.

PLAY WITH ME. IT HELPS ME LEARN!

- Read me stories. I like to pick out my favorites.
- Sing songs like "London Bridge" and "Ring Around the Rosie."
- Play "copy me" games in front of the mirror.
- Let me help you around the house. I can pick up my clothes and toys, or put napkins on the table. Give me a job to do.
- Help me learn the names of new people, colors, feelings, animals, plants and other things.
- Listen to what I say, even if it does not make sense to you.

There is so much to learn. I am learning what is important to me. If you are concerned about what I cannot do yet, talk to my doctor or nurse. If am going to be in a child care program, please see page 31 in this calendar for more information on selecting high-quality child care.

WATCH FOR ME TO...

- Run and jump. When I jump, I can get both feet off the ground at the same time.
- Say my own name.
- Put on some clothes that are easy to get on.
- Point to different body parts, either on me or one of my dolls.
- Point to a picture and name something in the picture.
- Say two-word phrases like “play ball” or “want drink.”
- Ask you questions.
- Understand and do something you ask me to do. For example, “Get the doll and bring it to me, please.”

HELP ME BE SAFE...

- Teach me how to handle if someone is touching me in a way that I do not like. I am the boss of my own body. If I do not like the way someone is touching me, then I should come tell you right away.
- When cooking on the stove, turn the pot handles to the center of the stove. Do not leave spoons or other utensils hanging over the edge of a pot. I can pull the handles and pour hot liquid all over me.
- When I do have an accident, such as touching a hot oven and burning my finger, help me understand what happened. Explain that if I touch the oven when it is hot, I will be burned.
- Empty ashtrays. You do not want me playing with cigarette or cigar ashes.
- Empty drinking glasses and remove beverage cans.
- Look at the toys in my toy box. Are there any broken toys? Either fix them or throw them away. Do any toys have sharp edges? Be sure all of my toys are safe for me to use.

HOW I AM GROWING...

My Length: _____

My Weight: _____

Sleeping Habits: _____

New Skills & Talents: _____

Favorite Things & Activities: _____

YOU MAY ALSO NOTICE THAT...

- I say new words, but I may not know the meaning of the words.
- I ask to go to the toilet sometimes.
- I am eating the same good foods you eat. I like mine cut into small pieces that I can eat safely with my own little spoon.