



30 Months

Developmental and Milestones

- Your child can probably walk on his or her tiptoes and jump with both feet. He or she can play with puzzles and other toys that require good fine-motor skills. Your child can learn to wash and dry his or her hands
- Your child's language skills are growing. He or she may speak in 3- or 4-word sentences and may enjoy songs or rhyming words

Feeding and Nutrition

- Give your child healthy foods. Even if your child does not seem to like them at first, keep trying! Buy snack foods made from wheat, corn, rice, oats, or other whole grains.
- Give your child fruits and vegetables every day. Try to give him or her one cup of each per day.
- Give your child at least two servings a day of low-fat dairy foods and protein foods. Dairy foods include milk, yogurt, and cheese. Protein foods include lean meat, poultry, fish, eggs, dried beans, peas, lentils, and soybeans.
- Offer water when your child is thirsty. Avoid sodas and limit whole fruit juices to 4 oz. per day.

Toilet Training

- Get your child his or her own little potty or a child-sized toilet seat that fits over a regular toilet. This helps your child feel in control. Your child may need a step stool to get up to the toilet.
- Tell your child that the body makes "pee" and "poop" every day and that those things need to go into the toilet. Ask your child to "help the poop get into the toilet."
- Praise your child with hugs and kisses when he or she uses the potty. Support your child when he or she has an accident. ("That is okay. Accidents happen.")

Parenting and Behavioral

- Keep reading to your child. It helps his or her brain grow and strengthens your bond
- Help your toddler by giving love and setting limits. Children depend on their parents to set limits to keep them safe
- Use facial expressions and body language to show your feelings about your child's behavior. Shake your head "no," with a stern look on your face, when your toddler does something you do not want her to do. Encourage good behavior with a smile and a positive comment. ("I like how you play gently with your toys.")
- Redirect your child. If your child cannot play with a toy without throwing it, put the toy away and show your child another toy.
- Offer choices that are safe and okay with you. For example, on a cold day you could ask your child, "Do you want to wear your coat or take it with us?"
- Do not expect a child of this age to do things he or she cannot do. Your child can learn to sit quietly for a few minutes. But he or she probably cannot sit still through a long dinner in a restaurant.
- Let your child do things for himself or herself (as long as it is safe). A child who has some freedom to try things may be less likely to say "no" and fight you.
- Try to ignore behaviors that do not harm your child or others, such as whining or temper tantrums. If you react to your child's anger, he or she gets attention for doing what you do not want and gets a sense of power for making you react.

General Health and Safety

- Stay active as a family. Play in your backyard or at a park. Walk whenever you can. Limit screen time to less than one hour per day.
- Help prevent your child from choking by offering the right kinds of foods and watching out for choking hazards.
- Watch your child at all times near the street or in a parking lot. Drivers may not be able to see small children. Know where your child is and check carefully before backing your car out of the driveway.
- Watch your child at all times when he or she is near water, including pools, hot tubs, buckets, bathtubs, and toilets.
- Use a car seat for every ride in the car. Put it in the middle of the back seat, facing forward
- Make sure your child cannot get burned. Keep hot pots, curling irons, irons, and coffee cups out of his or her reach. Put plastic plugs in all electrical sockets. Put in smoke detectors and check the batteries regularly.
- Put locks or guards on all windows above the first floor. Watch your child at all times near play equipment and stairs. If your child is climbing out of his or her crib, change to a toddler bed.
- Keep cleaning products and medicines in locked cabinets out of your child's reach. Keep the number for Poison Control (1-800-222-1222) near your phone.
- Help your child brush his or her teeth every day using a "pea-size" amount of toothpaste with fluoride.
- Make sure your child wears a helmet if he or she rides a tricycle. Be a role model by wearing a helmet whenever you ride a bike.
- Do not smoke or allow others to smoke around your child. Smoking around your child increases the child's risk for ear infections, asthma, colds, and pneumonia.

When to Call or See Your Pediatrician

- You are concerned that your child is not growing or developing normally.
- You are worried about your child's behavior.
- You need more information about how to care for your child, or you have questions or concerns.

Date _____

Your Next Visit: 3 Years

Height _____ Percentile _____

Date _____ Time _____ AM/PM

Weight _____ Percentile _____

Provider _____