

Two Year Visit

Parent Handout

ASSESSING LANGUAGE DEVELOPMENT

Your Talking Child

- Parent-child play, where the child leads, is the best way to help toddlers learn to talk.
- Talk about and describe pictures in books.
- Read to your child every day.
- Your child may love hearing the same story over and over.
- Ask your child to point to things as you read.
- Stop a story to let your child make an animal sound or finish a part of the story.
- Use correct language; be a good model for your child.
- Talk slowly and remember that it may take awhile for your child to respond.

FAMILY SUPPORT

Your child and the TV

- It's better for your child to play than to watch TV.
- Limit TV to 1-2 hours or less each day.
- Watch TV together and discuss what you see and think.
- Be careful about the programs and advertising your young child sees.
- Do other activities with your child such as reading, playing games and singing.
- Be active together as a family. Make sure your child is active at home, at childcare and with sitters.

SAFETY

Safety

- Use a car safety seat in the back seat of all vehicles.
- All children two years or older, those younger than two who have outgrown the rear-facing weight or height limit for their car safety seat, should use a forward-facing car safety seat with a harness for as long as possible, up to the weight and height allowed by the car seat manufacturer.
- Everyone in the car should wear a seatbelt. Do not start the car until everyone is buckled up.

SAFETY

- Never leave your child alone in your home or yard, especially near cars, without a responsible adult in charge.
- When backing out of the garage or driving in the driveway, have another adult hold your child a safe distance away so he is not run over.
- Keep your child away from moving machines, lawn mowers, streets, moving garage doors and driveways.
- Have your child wear a good-fitting helmet on bikes and trikes.
- Store firearms unloaded and locked, with the ammunition locked separately from the gun.

Play with your child each day, joining in with what your child likes to do.

Toilet training readiness

- Signs of being ready for toilet training include:
 - Dry for two hours.
 - Knows if he is wet or dry.
 - Can pull pants down and up.
 - Wants to learn.
 - Can tell you if he's going to have a bowel movement.
- Plan for toilet breaks often. Children use the toilet as many as 10 times per day.
- Help your child wash her hands after toileting and diaper changes and before meals.
- Clean potty chairs after every use.
- Teach your child to cough and sneeze into her shoulder. Use a tissue to wipe her nose.
- Take the child to choose underwear when she feels ready to do so.

SAFETY



YOUR CHILD'S BEHAVIOR

How your child behaves

- Praise your child for behaving well
- It is normal for your child to protest being away from you or meeting new people.
- Listen to your child and treat him with respect. Expect others to do the same.
- **Play with your child each day, joining in with what your child likes to do.**
- Hug and hold your child often.
- Give your child choices between two good things in snacks, books or toys.
- Help your child express his feelings and name them.
- Help your child play with other children, but do not expect sharing.
- Never make fun of a child's fears or allow others to scare your child.
- Watch how your child responds to new people or situations.

What to expect at your child's 3-year visit

We will talk about...

- Family support.
- Reading and talking with your child.
- Playing with others.
- Safety
- Your active child