



## 2 Year Visit

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.

TELEVISION VIEWING

### Your child and 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

### 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.

TEMPERMENT AND 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 as well.
- **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

*Questions or concerns? Call Dr. Eberhard at 801-773-4840, ext. 3248*