

Toilet Training

Most 2 to 3 year old children are ready to begin potty training. There is no magic age. Watch for signs that your child is ready. Your child may:

- Squat and grunt when she needs to have a bowel movement.
- Hold his diaper when he needs to urinate.
- Dislike the feeling of a dirty diaper.
- Go for longer periods of time without wetting or soiling her diaper.
- Express an interest in how other people use the toilet.
- Want to use his new child-sized potty seat.

Once your child is ready, slowly begin potty training. It may take 2 to 3 months to learn the entire process of using a potty instead of a diaper. As you begin:

- Use a special potty chair or seat that your child can easily use.

- Be patient. Do not push. Let her train at her own speed.
- Praise his successes.
- Never punish her for accidents. Accidents are natural and common.

If your child starts to refuse to use the potty, take a break. Setbacks happen. Put the potty away. Start again in a few days. Tell well meaning family and friends that you have a plan and are under control.



Keep your NICU Developmental Follow-up Clinic appointment if you have one. The staff will monitor your baby's development.

Log on to Learn

The Parent Help Line — www.parenthelpline.org

Zero to Three — www.zerotothree.org

PBS Parents - Child Development — www.pbs.org/parents

How Kids Develop — www.howkidsdevelop.com/developSkills.html

Regional Office of Education — <http://roe51.org> Find local school information and phone numbers for schools in Sangamon County.

Springfield School District 186— <http://www.springfield.k12.il.us/schools/> Click Schools. Click *School Locator* to find a school in your area. Call that school for information on pre-school screenings and programs.

The American Academy of Pediatrics — www.aap.org



2-3 Years



Live
Love
Grow
Learn

Be patient and calm as your toddler learns new skills and good behavior.

- Make simple rules. For example, no hitting, no calling names.
- Be fair, firm and consistent as you discipline and help your child follow rules.
- Teach skills needed for school and group play.
- Praise good behavior and use of new found skills.
- Say, "I love you" often. Give hugs often.



Help is just a phone call away.

For more parenting information, call Parent Help Line at 217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week or visit www.parenthelpline.org



Children grow and develop in their own way – in their own time. Around age 2, premature babies start to catch up with kids who were full term babies.

From 24-36 months, your child:

- Speaks 3 – 4 word sentences.
- Can balance on one foot.
- Jumps with both feet.
- Needs help with her feelings and calming herself.
- Walks up stairs.
- Can use a spoon and fork.
- Brushes his teeth with help.
- Engages in pretend play.

From 30-36 months, your child:

- Draws a line.
- Can say her name.
- Asks questions.
- Can pedal a tricycle.
- Enjoys playing with other kids.
- Remembers what happened yesterday.
- Can turn a knob or unscrew a cap.
- Dresses himself with some help.
- Notices how people are the same and different.

Talk to your doctor if your child cannot do these skills.

Parents help their toddlers develop and reach full potential. *Everyday*, your baby learns from you — from what you do and say.

Playtime

Your child learns many skills through play. Provide time for play alone and with others.

- Play with your child daily.
- Engage in pretend play. Ask your child, “Who should I be” or “What should I do”.
- Teach your toddler to take turns.
- Play “I spy”. Say, “I spy with my little eye, something blue.” Help your child guess the object.
- Provide time for quiet play and active play.

Feelings

Two year old children have mood swings. They can laugh one minute and be angry the next minute.

- Tell your toddler you understand his feelings. Say, “I know you want the truck, but Tim is playing with it now.”
- Help your child calm down during and after a tantrum. Gently hold her. Speak softly and calmly until she is calm.

Meals

Healthy food makes minds and bodies grow. Develop healthy and safe meal and snack routines.

- Make mealtime fun and relaxing. Talk to your child about her day.
- Avoid high fat and sugar snacks like candy, popsicles, sugary cereals and cookies.
- Introduce a variety of vegetables, fresh fruit and yogurt.
- Serve foods with iron such as beans, sunflower seeds, meat, poultry, spinach, eggs, broccoli and pears.
- Make your child’s food portions small. Toddlers choke easily. Hot dogs should be cut in half length wise, then, cut in small bites. Avoid eating peanut butter from a spoon. Avoid hard candy.

Television

Activities develop the brain better than TV.

- Limit TV viewing in general – no more than 1 to 2 hours per day. Instead, read books, and play and listen to music – together.
- Avoid violent programs. This might include some cartoons and shows marketed for kids.
- Know what your child is watching.

Make Your Home Child-Friendly

Toddlers love to explore. Make your home a safe place to learn.

- Store toys and books within your child’s reach. Put a shelf or basket in his bedroom and a room where he plays.
- Put some of her clothes in a drawer that she can open and close.
- Place a small stool in the bathroom. It will allow him to reach the sink to wash his hand and brush his teeth.
- Use a high chair or booster seat for meal time.
- Have child sized eating utensils, toothbrush and hairbrush for your child to use.
- Find child sized objects like brooms, watering can and gardening and kitchen tools. Your child likes to play like mom and dad.

