



APL Bright Futures Handout

2 ½ Year Visit



Here are some suggestions from your doctors and Bright Futures experts that may be of value to your family.

LANGUAGE PROMOTION & COMMUNICATION

Learning to Talk and Communicate

- Limit TV and videos to no more than 1 hour each day.
- Be aware of what your child is watching on TV.
- Read books together every day. Reading aloud will help your child get ready for preschool. Take your child to the library and story times.
- Give your child extra time to answer questions.
- Listen to your child carefully and repeat what is said using correct grammar.

PRESCHOOL CONSIDERATIONS

Getting Ready for Preschool

- Make toilet-training easier.
 - Dress your child in clothing that can easily be removed.
 - Place your child on the toilet every 1–2 hours.
 - Praise your child when she is successful.
- Try to develop a potty routine.
- Create a relaxed environment by reading or singing on the potty.
- Think about preschool for your child.
- Join a playgroup or make play dates.

CHILD DEVELOPMENT & BEHAVIOR

Your Changing and Developing Toddler

- At two and a half years of age your toddler will pretend play and may begin to play with other children.
- Vocabulary should consist of 50-100 words, include 3 to 4 word phrases and be at least 50% intelligible.
- He should point to body parts, know animal sounds, tell his full name and age, and begin to learn colors.
- Toddlers at this age can jump up and down, put clothes on with help, wash and dry hands and brush teeth with help.

FAMILY ROUTINES

Family Routines

- Get in the habit of reading at least once each day.
- Your child may ask to read the same book again and again.
- Visit zoos, museums, and other places that help your child learn.
- Enjoy meals together as a family.
- Have quiet pre-bedtime and bedtime routines.
- Be active together as a family.
- Your family should agree on how to best prepare for your growing child.
 - All family members should have the same rules.

SAFETY

Safety

- Be sure that the car safety seat is correctly installed in the back seat of all vehicles.
- Never leave your child alone inside or outside your home, especially near cars
- Limit time in the sun. Put a hat and sunscreen on the child before he goes outside.
- Teach your child to ask if it is OK to pet a dog or other animal before touching it.
- Be sure your child wears an approved safety helmet when riding trikes or in a seat on adult bikes.
- Watch your child around grills or open fires. Place a barrier around open fires, fire pits, or campfires. Put matches well out of sight and reach.
- Install smoke detectors on every level of your home and test monthly. It is best to use smoke detectors that use long-life batteries, but if you do not, change the batteries every year.
- Make an emergency fire escape plan.
- Keep plastic bags and latex balloons away as they can cause suffocation.
- Apply sunscreen with SPF 15 or higher on your child's skin at least 15-30 minutes prior to outdoor activities. Reapply every 2 hours.
- If your child will be playing outdoors between dusk and dawn, be sure to spray insect repellent that contains up to 30% DEET on exposed skin as well as on clothing. The higher the percentage of DEET, the longer it will last (up to 6 hours for 30% DEET).

Water Safety

- Watch your child constantly whenever he is near water including buckets, play pools, and the toilet. An adult should be within arm's reach at all times when your child is in or near water.
- Empty buckets, play pools, and tubs right after use.
- Check that pools have 4-sided fences with self-closing latches.

PROMOTING SOCIAL DEVELOPMENT

Getting Along With Others

- Give your child chances to play with other toddlers.
- Have 2 of her favorite toys or have friends buy the same toys to avoid battles.
- Give your child choices between 2 good things in snacks, books, or toys.
- Follow daily routines for eating, sleeping, and playing.

FEEDING ROUTINES

Feeding Your Toddler

- Provide three to four servings of dairy products per day. A serving may be a cup of milk, a cup of yogurt, or a slice of cheese.
- Offer at least 6 ounces of drinking water that contains fluoride each day. If you live an area that has well water, ask our physicians about supplemental fluoride vitamins.
- Remember to avoid foods that can cause choking- nuts, hot dogs, popcorn, whole grapes, meat chunks, hard candies, and hard, raw vegetables or hard fruits.
- Discontinue use of the bottle and encourage the use of a cup, spoon and fork at meal time.
- Toddlers at this age may start to show signs of finicky eating. Do not coax or fight with your child to eat as meal time should not be a battle ground.
- Give your toddler many chances to try a new food. Allow mouthing and touching to learn about them.
- Your job as the parent is to provide a healthy variety of foods. It's up to your child to let you know how much of it he wants to eat.

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK;
seatcheck.org

