

# What's Up? Your Baby's Development



## 30-Month Visit

Older toddlers want to know the reasons for everything and ask *why* a lot!

### 30–36 MONTHS: What's Happening?

#### What Your Baby Can Do

##### My body helps me do “big kid” stuff now!

- I can pedal a tricycle.
- I can dress myself with your help.
- I can draw a line.
- I can turn a knob or unscrew a cap.



##### I use language to express my thoughts and feelings.

- By 3 years old, I may use as many as 1,000 words.
- I understand sentences with two or more ideas: “You can have a snack when we get home.”
- I ask questions.
- I know my first and last name.

#### What You Can Do

##### Let your child scribble with markers and crayons.

This builds early writing skills.



**Give your child chances to practice more advanced physical skills** like pedaling and climbing.

**Child-proof again** so that your child's new ability to open caps and door-knobs does not lead to danger.

**Introduce new words to build your child's vocabulary.** Ask, “Is your snack delicious?”

**Ask questions that require more than a yes-or-no answer.** Ask, “Where do you think the squirrel is taking that nut?”

**Be patient with your child's why questions.** Ask them what they think before you answer.

*As you use the HealthySteps handouts, remember that your child may develop skills faster or slower than noted and still be growing just fine. Every child develops at their own pace. Your HealthySteps Specialist will be available to answer any questions. Your family's cultural beliefs and values are also important factors that shape your child's development.*

## What's Happening?

### What Your Baby Can Do

**I am using my new thinking skills to solve problems.**

- I can remember what happened yesterday.
- I act out my own stories.
- I am becoming a “logical thinker.” When I pretend it is bedtime for Teddy, I put a blanket on him and sing him a lullaby.

**My friends are very important to me.**

- I notice how my friends (and all people) are the same and different. I might point out their skin color and size.

### What You Can Do

**At dinnertime or before bed, talk with your child about their day.** This builds memory and language skills.

**Encourage your child to use logic in everyday situations.** Say, “It’s raining. What do we need to stay dry?”

**Help children handle conflicts and turn taking.** Say, “There is only one train. I will put the timer on, and you can each have 5 minutes to play with it. While you wait, you can choose to play with something else.”

**Help your child be sensitive to differences among people.** Say, “Yes, people do come in all sizes and skin color.”

## Other Things to Know and Try

- ☐ It helps to make a plan for your child around screen time. Consider your specific child, the content itself, and the context in which they are watching.<sup>1</sup>
- ☐ Limit your child’s screen time, watch with them when you can, and make sure what they watch is right for their age.
- ☐ Keep the whole family active by making time for active play every day. Encourage brothers, sisters, and cousins to play together.
- ☐ Organize playdates with friends, join a parenting group, or attend a library story hour.

*At this visit the pediatric team will measure your child’s length, weight, and head. They will listen to your child’s heart and look at their eyes, ears, nose, and mouth. Your child will get any needed vaccines. We will talk about your child’s development and routines such as sleeping and eating. We will also review safety tips. And, of course, we will make time to discuss any questions or concerns you might have!*

1. Screen Sense: *What the Research Says About the Impact of Media on Children Aged 0-3 Years Old*. (2018, October 25). ZERO TO THREE. Retrieved from: <https://www.zerotothree.org/resources/2536-screen-sense-what-the-research-says-about-the-impact-of-media-on-children-aged-0-3-years-old>.