

Watch Me Grow

Share my discovery as I may:	I tried it!	I'm practicing!	I've got it!
Point to my nose, eyes or mouth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk backwards	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Run	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scribble on paper	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Aim a ball and throw it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sing to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Help Me Grow

EXPLORE AND DISCOVER TOGETHER:

- Do simple three to four piece puzzles together.
- Play “follow the leader”, pretend to be in a marching band or dance to music.
- Look at books or magazines together.
- Build a tower of blocks together, knock it down and build the tower again.

PROMOTE INDEPENDENCY:

- Let your child take off his or her socks, shoes or clothes that don't have buttons.
- Let your child choose between two different books at bedtime.
- Praise what your child does for him or herself (putting his hand in a sleeve, washing his hands, etc.).
- Provide your child safe places to play.
Childproof your home with safety gadgets.

SPEND TIME WITH YOUR CHILD:

- Limit screen time (time spent playing computer/tablet games and watching TV).
- Read simple storybooks out loud to your child.
- Let your child experiment with a crayon & paper.
- Just be there. Sometimes all your child wants is to know you are close by. While your child is playing sit quietly at a distance and just watch his or her mind at work as he or she plays.

SAFETY NOTE – DROWNING PREVENTION

- Drowning is the leading cause of injury and death amongst young toddlers.
 - Do NOT leave your child near or around water (for example, bathtubs, pools, ponds, lakes, whirlpools or the ocean) without someone present.
 - Fence off backyard pools.
 - Never leave your child alone in the bathtub. Your child can drown in one inch of water.

YOUR 18-24 MONTH OLD MAY:

- Bite when stressed or frustrated.
- Say “no” when he or she really means “yes.”
- Start to show an interest in toilet training.

DEVELOPMENTAL HEALTH WATCH:

Talk to your child's doctor if your 24 month old child:

- Does not know what to do with everyday items, like a toothbrush, hairbrush, and cup.
- Does not copy what you do or say.
- Does not point at parts of the body when prompted.
- Does not use 2-word sentences, such as “more food,” “hold me.”
- Does not walk smoothly.

Resources: Centers for Disease Control and Prevention and the American Academy of Pediatrics: The Bright Futures Guidelines


LEARN YOUR CHILD'S TEMPERAMENT TRAITS

Your child's temperament traits influence how your child behaves and reacts to people, places and situations. In turn, these behaviors and reactions are how your child expresses his thoughts and feelings.

- **When do you see your child's temperament traits in action?** Every day.
- **What can you learn by knowing your child's temperament traits?** You'll learn how to:
 - Guide your child's learning
 - Encourage your child's self-confidence
 - Understand what your child is telling you with his behaviors

When you know your child's temperament traits, you can help guide and encourage him as he learns and grows.

To learn more, call (605) 328-7155 or email mutchwomenscenter@sanfordhealth.org.



Watch me
learn...
how to work.

At my age...
it's about
pretending to
be like you!

“NO!”

Your child's favorite word may seem to be “No!” This is one way he can express his desire to make his own choices known while having a mind of his own. Your child now knows that he can make a choice and he wants to assert his newfound understanding. It may feel like your child is being defiant or challenging, but saying no is a normal, healthy way for your child to feel as if he has some control in his world. Your child may even say “no” when he means “yes.”

One of the best ways to deal with “no” in your home is to offer your toddler choices when possible, “Do you want this or this?” For example, let her choose between a banana or applesauce for a snack, or between two of her favorite books to read. You may still get the “no” response along with fussing and screaming if she does not get what she wants. Remain calm and continually ask, “Do you want this or this?” Remember it takes two people to create a battle of the wills, so don't engage in the battle. Decrease the likelihood of a battle by staying calm and continue to provide your child an appropriate choice.

FOR MORE TIPS ON HOW TO GUIDE AND ENCOURAGE YOUR CHILD AS YOUR CHILD LEARNS AND GROWS, sign up for Parenting eSource by going to sanfordhealth.org; keyword, Parenting eSource. By signing up, you'll receive monthly growth and development information relevant to your child's age, up to the age of 8.

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