

# Watch Me Grow

Share my discovery as I may:	I tried it!	I'm practicing!	I've got it!
Throw a ball overhand	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Jump up and down on both feet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Put on clothing (shirt/pants/socks)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Build a tower of six blocks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Name one picture from familiar book	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Combine two words to create a short sentence (ie. red ball)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Help Me Grow

## EXPLORE AND DISCOVER TOGETHER:

- Use family photos as a match game. Find a family member in one photo and ask your child to find other photos with the same family member.
- Go for walks and talk about the trees, the clouds and the birds you see.
- Engage the imagination. Play make believe and dress up with adult clothing, hats and shoes.

## PROMOTE INDEPENDENCY:

- Share easy problems with your child – “Can you put the blue block on top of the red block?” or “Where does your hat go?”
- Encourage your child to ask for help – “Say help please” or “Help me!”
- Let your child help you with household chores like setting the table or washing the floor.

## SPEND TIME WITH YOUR CHILD:

- Read books about everyday activities such as getting dressed, eating meals and bedtime.
- Limit screen time to less than two hours a day.
- Do simple 6-10 piece puzzles together.

## SAFETY NOTE – SAFE OUTSIDE

- Attach a set of chimes to the door to indicate if your child has gone outside.
- Be sure your child wears an approved safety helmet when riding trikes or in a seat on adult bikes.

## YOUR 24-30 MONTH OLD MAY:

- Use the words ‘no’ and ‘why.’
- Be unable to share with other children; this is normal.
- Speak in short 3-4 word sentences.

## DEVELOPMENTAL HEALTH WATCH:

Talk to your child’s doctor if your 30 month old child:

- Does not jump up.
- Does not point to 6 body parts (e.g. nose, eyes, head, tummy, ears, mouth, foot).
- Does not understand simple instructions.
- Does not build a tower of 6 or more blocks.

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




## Join Parenting eSource

Parenting information as your child learns and grows

Receive email information regarding:

- Safety recall notices
- Growth and development articles specific to your child’s age
- Upcoming parenting classes

Sign up at [sanfordhealth.org](http://sanfordhealth.org)  
 keyword:  
 Parenting  
 eSource



Watch me  
learn...  
how to solve  
problems.

sanfordhealth.org keyword: parenting

At my age...  
it's about using  
my imagination.



## Is it Potty Time at Your Home?

Toilet training is often high on the list of priorities that parents have for their two-year-old child. But it may not be high on the toddler's priority list. When children actually become toilet trained varies. Most children start to show an interest between 18 and 24 months. In general, boys start later and take longer to learn to use the potty than girls. There is no right age to start toilet training your child just as there is not one right way to toilet train your child.

It is important to not start the process too soon as this may actually cause the toilet training process to take longer. Starting before a child is ready can also lead to both of you becoming upset and frustrated, which can also prolong toilet training success. The key to toilet training is being ready, both you and your child.

### ARE YOU READY?

The first thing to consider as you embark on toilet training your child is you. Consider the following questions:

- Are you ready to devote at least three months of daily encouragement for your toddler? Toilet training often takes three to six months to accomplish.
- Do you have the time to be patient? Children use the toilet more frequently than adults, often up to ten times a day. Plan for frequent trips to the toilet.
- Do you have time to be consistent? Consistency sends a clear message of expectations. Having your child attempt to use the toilet or wear training pants helps develop toilet training skills.
- Are other things going on at home? Don't start when

there are other stressors in the home such as moving, a new baby, a family illness, etc.

- Don't feel pressured by others to begin. Many parents of past generations started potty training much sooner than parents do today. Let your child be the guide as to when to start.

### IS YOUR CHILD READY?

An essential ingredient to potty training success is the child's desire to learn. When your child is ready to start toilet training she likely:

- Is dry for about two hours at a time
- Shows an interest in using the potty or wearing underpants
- Knows the difference between wet and dry
- Can pull pants or training pants up and down
- Can tell you when she is about to have a bowel movement
- Understands words used in the toileting process
- Can verbally express a need to go potty
- Physically can get onto and off of the potty chair

**STILL HAVE QUESTIONS?** Call (605) 328-7155 or email [mutchwomenscenter@sanfordhealth.org](mailto:mutchwomenscenter@sanfordhealth.org) to speak with a Family Life Specialist for personalized tips relevant to how your child's temperament may affect potty training in your home.

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