

Watch Me Grow

Share my discovery as I may:	I tried it!	I'm practicing!	I've got it!
Answer simple questions, such as "Where are you going?"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Follow simple directions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Start to recognize letters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Start to understand gender differences	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Put clothes on independently and dress self with minimal assistance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Balance on one foot at a time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Help Me Grow

EXPLORE AND DISCOVER TOGETHER:

- Answer a question with a question, "Why do you think...?" Give your child extra time to answer.
- Put things in water and see what will float and what will sink.
- Help your child sort toys and blocks different ways – by color, shape or size.

PROMOTE INDEPENDENCY:

- Let your child help with easy chores; such as, find all the socks, wipe the table.
- Allow your child to pick out what he or she will wear between two clothing choices. Be willing to accept when things don't match.
- Let your child help with simple cooking steps like dumping the cup of flour into the bowl.

SPEND TIME WITH YOUR CHILD:

- Play simple card or board games that involve taking turns.
- Put on some music; dance and sing together.
- Play I Spy with your child's favorite book. "I spy a puppy, do you?"

SAFETY NOTE – BUSY MOVERS

- Remind your child not to run with things in his or her mouth; especially suckers.
- Remind your child not to play in the street or run after balls that roll into the street.

YOUR 30-36 MONTH OLD MAY:

- Still not be able to share well; pass toys back and forth with your child to practice learning this skill.
- Speak in sentences, but more words may still be unclear for others to understand (those around the child can understand speech patterns more easily).
- Enjoy playing alone.
- Ask the same questions over and over "What's that?" or "Where did it go?"

DEVELOPMENTAL HEALTH WATCH:

Talk to your child's doctor if your 36 month old child:

- Does not throw a ball overhand.
- Does not name four simple pictures such as: ball, dog, baby, or cup.
- Does not remove easy clothing like socks or coat.
- Does not build a tower of 6 or more blocks.

SAFE TRAVELS

GET YOUR CHILD'S CAR SEAT CHECKED FOR PROPER INSTALLATION

Monday – Friday from 10 a.m. – 3 p.m. or call to schedule an appointment (605) 312-8370

Don't live in Sioux Falls, SD? Find a location at safercar.gov/cpsApp/cps/index.htm

[SANFORD CHILDREN'S SAFETY CENTER]



Watch me
learn...
how to
make decisions.

At my age...
it's about
trying things out.

Whining

Why do kids whine? Because it works. In your child's world, whining is all about getting your attention and getting what she wants. Your child isn't intentionally trying to annoy you with her whining; she simply wants what she wants. Or in some cases, she doesn't want to do what you have asked her to do.

Whining is brought on by many of the same triggers as tantrums: hunger, fatigue, too much stimulation or an inability to articulate emotions. It starts to become a habit in how children deal with emotions as children come to know that a whiny voice gets parents to sit up and take notice. Whining is almost impossible to ignore. According to some parent surveys, whining is one of the top frustrating child behaviors. This irritating noise often gets parents to give in and then children get what they want or don't have to do what has been asked of them. Hence the habit of whining to get what "I" want continues.

It is common for parents to send mixed messages about whining because they sometimes give in to make the whining stop. Then, the next time, the parent holds firm and won't budge. This causes the continuation of whining as this causes the child to think "this time it might work." To handle whining in your home, be consistent. Continually say, "You need to ask in a nice voice like this" as you demonstrate how you want your child to ask for things. "When you use your whining voice that you are using right now, you won't get what you want." You may want to demonstrate how your child's whiny voice sounds. At this point, remain calm and consistent; do not give in due to the noise and irritation of the whining.

FOR MORE INFORMATION, contact Sanford Parenting Services at (605) 328-7155 or mutchwomenscenter@sanfordhealth.org.

sanfordhealth.org keyword: parenting

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