

Watch Me Grow

Share my discovery as I may:	I tried it!	I'm practicing!	I've got it!
Be able to do a five to eight piece puzzle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hop on one foot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Copy circles and squares that you draw first	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Twist a lid on or off a plastic bottle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Push a riding toy by using both feet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Turn the pages of picture books with fingers instead of my hand	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Help Me Grow

EXPLORE AND DISCOVER TOGETHER:

- Help your child sort toys or blocks by color and size.
- Ask your child where and how questions like, "Where do you think birds sleep?"
- Take a walk and hunt for colors. Ask questions like, "Do you see something green?" etc.

PROMOTE INDEPENDENCY:

- Let your child help with simple household chores like dusting.
- Teach your child to put his or her dirty clothes in the hamper.
- Let your child help with unpacking groceries and putting things away.

SPEND TIME WITH YOUR CHILD:

- Watch clouds together. Ask questions like "What does that cloud look like to you?"
- Have an indoor picnic together.
- Put on some music and dance together.

SAFETY NOTE – CURIOSITY

- If you have a gun, store it unloaded and locked up. Keep the ammunition in a separate locked location.
- Young children are very curious about how things work. Keep your child away from things such as lawn mowers, garage doors, weed whackers, etc.

YOUR 36-42 MONTH OLD MAY:

- Ask 'why' frequently. Your answers can be short and simple because more 'why' questions will likely follow each answer.
- Become more stubborn.
- Begin to have nightmares or night terrors.

DEVELOPMENTAL HEALTH WATCH:

Talk to your child's doctor if your 42 month old child:

- Does not combine simple words such as: big ball, my car or mommy's hat.
- Does not walk up steps.
- Does not attempt to put on clothing by self (socks, pants, or shirt).
- Does not play with toys or books.

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

Have Parenting Questions?

GET ANSWERS.

Sanford Parenting Services
(605) 328-7155

EVERYDAY
PARENTING
BRINGS
EVERYDAY
QUESTIONS.

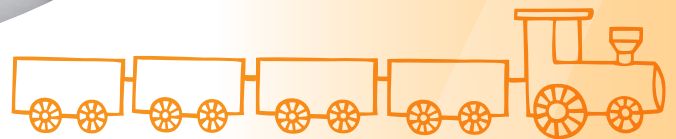


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Children's



Watch me
learn...
how to talk
to others.

At my age...
it's about
talking with you.



Lying

Children at this age don't intentionally lie; they are simply stating what they want the truth to be at the moment. Young preschoolers don't know the difference between truth and fiction. In your child's mind, if she says she didn't color on the wall, it doesn't occur to her that you might look at the marker in her hand and draw your own conclusions.

If an incident, such as breaking a vase, happened more than a few hours ago, she may truly not recall breaking it. Three-year-olds' memories are still short, especially regarding anything that makes them uncomfortable. Even if she remembers the act, she knows it wasn't the right thing to do and now she wishes that she hadn't touched it. She wants to convince you she didn't touch it too.

Lying is a typical preschooler's automatic response to avoid emotional pain or being in trouble. Young children's brains have not yet developed the thinking to understand that lying is wrong. But it is not too early to

starting talking to your child about lying being a wrong thing to do. Remember these points:

- Preschoolers are too young to be punished for lying. A timeout for lying is not needed.
- Avoid the "Yes you did" versus "No I didn't" battle of the wills that is created by arguing with your child over a lie.
- When a child is caught in a lie, calmly state the fact, "I see the marker in your hand and the color on the wall. I know you did it. You need to color on paper not walls. Let's put the marker away."
- By age four, your child will likely know the difference between telling the truth and lying; she will come to know it's wrong to lie.

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

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