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How Kids Develop

Michigan State University

Cooperative Extension Service

Building Strong Families Flip Chart

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Building Strong Families:

PARENTING YOUNG CHILDREN



How Kids Develop *Flipchart*



Developed and produced by
Extension Home Economics
Cooperative Extension Service
Michigan State University

Behind the Scenes...

Building Strong Families: Parenting Young Children "How Kids Develop"

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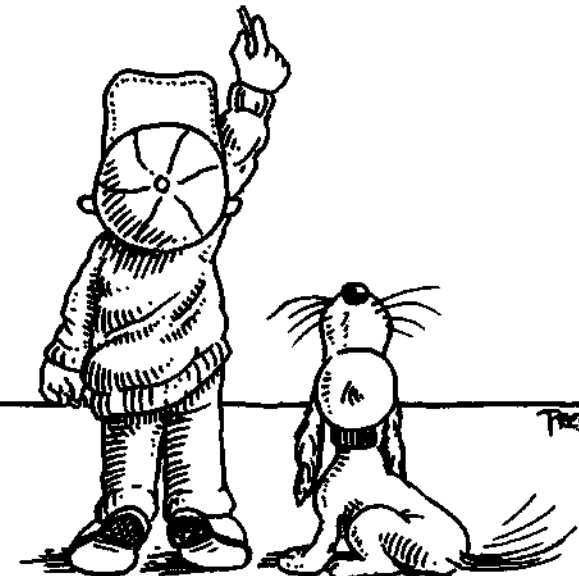
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Building Strong Families:
Parenting Young Children
Contact:*

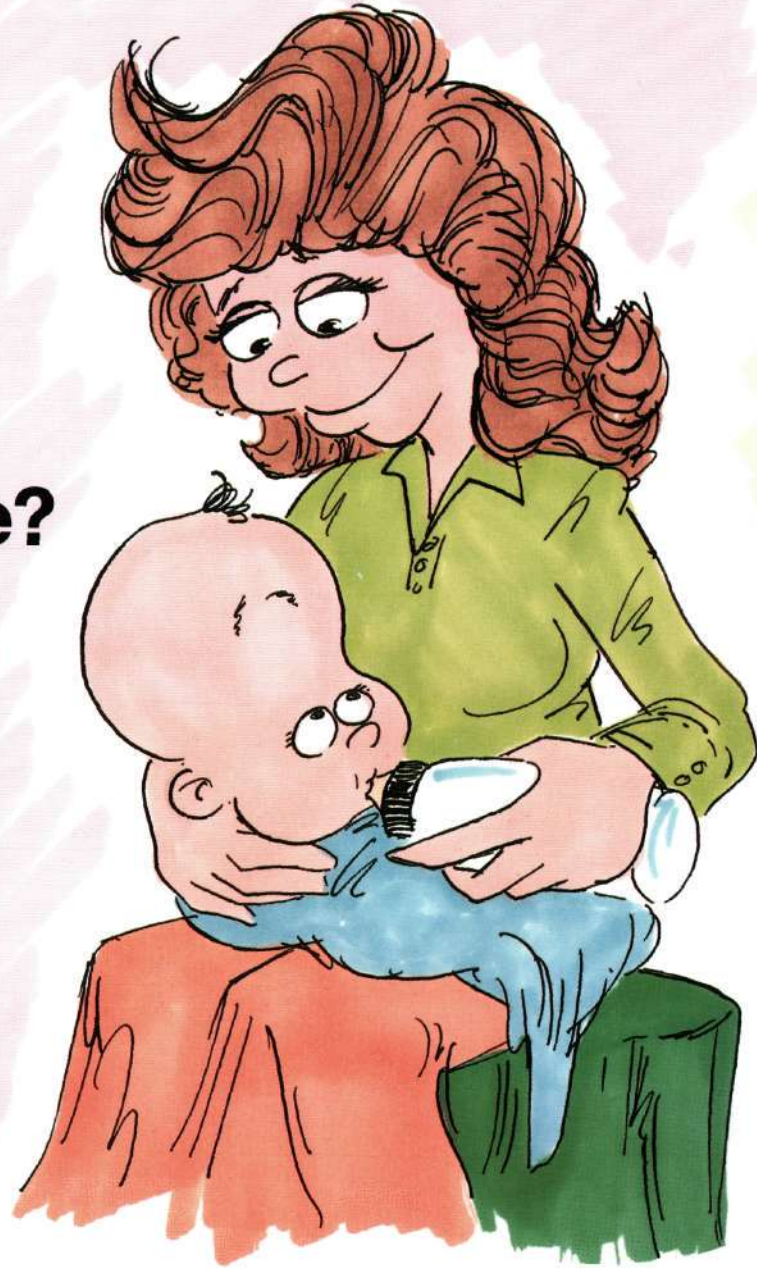
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Fax: 517-353-6343



**What
did
you
choose?**



**What
did
you
choose?**



Newborn to 1 Month

Eating

Bottle-Feeding

- ♥ Ask your doctor which formula is best for your baby.
 - Formula is the closest to breast milk.
 - You can buy formula at the store.
- ♥ Use formula for the first year. Do not use:
 - cow's (whole) milk for the first 6 to 9 months.
 - evaporated milk, (like Pet milk).
 - lo-fat, skim or 2% milk for the first 2 years.
- ♥ Keep unused formula in the refrigerator.
 - Germs and bacteria grow at room temperature.
- ♥ Sterilize bottles and nipples every time you use them.
 - A baby can get sick from a dirty bottle or nipple.
 - Sickness may result in:
 - diarrhea.
 - thrush: white sores in the baby's mouth and gums.
 - Call your doctor.

Eating

Breast-Feeding

- ♥ It's the perfect food for a baby.
 - It's good for the baby.
 - It doesn't cost anything, but you need to eat a well balanced diet.
 - Early breast milk protects the baby from some bacteria and viruses.
- ♥ If you take medicine, check with your doctor to see if you can breast-feed while taking the medicine.
- ♥ Don't take drugs or drink alcohol if you breast-feed. Alcohol and drugs pass from the mother to the baby through the milk.
- ♥ If you want to stop breast-feeding before the baby is one year, wean the baby to formula, not to cow's milk.

The only food a new baby needs is breast milk or formula

Newborn to 1 Month

Eating

Bottle-Feeding

- ♥ Ask your doctor which formula is best for your baby.
- ♥ Keep the bottles and nipples sterilized. The baby can get sick from an unclean bottle.
- ♥ Keep extra formula in the refrigerator.



Eating

Breast-Feeding

- ♥ Saves money.
- ♥ Helps keep the baby healthy.

Tips for Mom

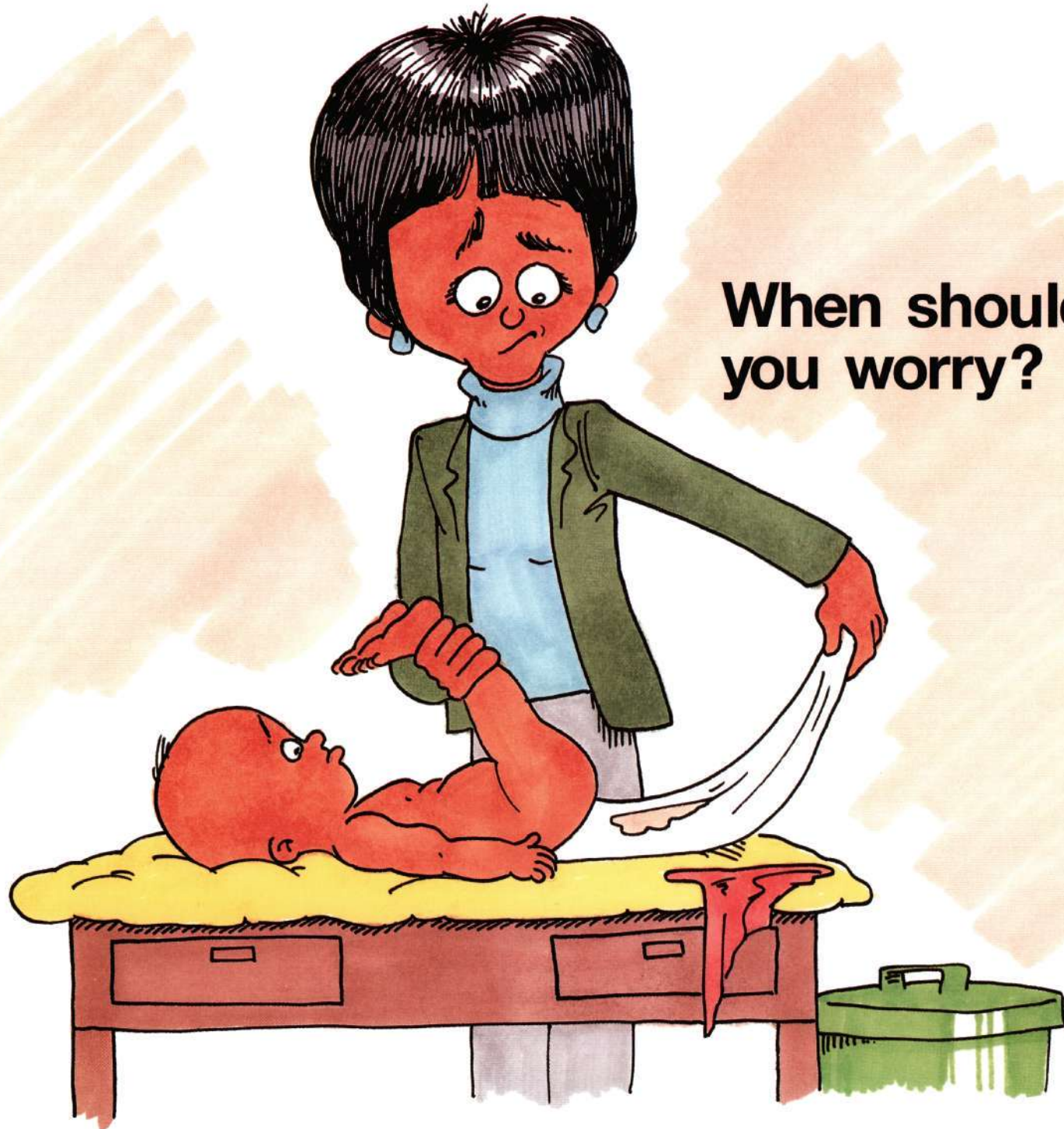
- ♥ What goes into your body, goes into the baby's body.
- ♥ Check with your doctor before taking medicine.





**When should
you worry?**

**When should
you worry?**



Newborn to 3 Months

Bowel Movements

- ♥ Diarrhea is frequent watery bowel movements.
 - It makes the baby’s bottom red and sore.
 - It is caused by diet or unclean bottles.
- ♥ Diarrhea along with fever and vomiting can be from infection.
 - It can cause dehydration. Dehydration is dangerous.
 - Check diapers. Is the baby wetting as much?
 - Feed 2 ounces every hour:
 - formula,
 - breast milk,
 - water, or
 - watered down formula.
- ♥ **Note to the instructor:** Diarrhea, vomiting and fever combined can cause dehydration. This is dangerous to a baby.
 - If the baby is under 6 months, take to the doctor right away.
 - If the baby is under 1 year, call the doctor the same day.
 - If the baby is under 3, call the doctor within 24 hours.

Newborn to 3 Months

Bowel Movements

- ♥ Diarrhea—Frequent and watery bowel movements.
- ♥ Check for fever or vomiting.
- ♥ Watch for dehydration.
 - Feed 2 ounces of liquid every hour.
 - formula,
 - breast milk,
 - water, or
 - watered down formula.
 - Check diapers. Is the baby wetting as often or as much?
- ♥ Call the doctor or nurse if:
 - baby will not drink.
 - fever, vomiting or diarrhea continues.





**You are
very tired.
What can
you do?**

**You are
very tired.
What can
you do?**



Newborn to 3 Months

Sleep

- ♥ New babies sleep and wake often. Parents have a hard time getting regular sleep.
- ♥ Babies start sleeping longer as they get older.
 - Most babies sleep through the night at 3 months or 12 pounds.

Tips for Mom

- ♥ You will not be able to do as much work as you did before you had the baby.
- ♥ Keep your day as simple as you can.
- ♥ Rest when the baby rests.
- ♥ Ask for help from family or friends when you are very tired.

Newborn to 3 Months

Sleep

- ♥ Most babies will start sleeping longer when they are one month old, and through the night at:
 - 3 months old, or
 - 12 lbs.

Tips for Mom

- ♥ You will not be able to do as much work as you did before you had the baby.
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**Why do
babies
suck their
thumbs?**



**Why do
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thumbs?**



Newborn to 3 Months

Sucking

- ♥ Sucking is important to babies.
 - It's how they get their food.
 - It's how they learn about objects.
 - It's how they comfort themselves.
 - It makes them feel secure.
 - It helps them relax.
 - It can calm a crying baby.

Newborn to 3 Months

Sucking

- ♥ It is OK for new babies to suck their thumbs or pacifiers.
 - Sucking comforts the baby.
 - It can calm a crying baby, especially if she is tired.
 - It makes her feel secure.
 - It can help her relax so she can sleep.



**Your baby
can learn in
many ways.
How can
you help?**



**Your baby
can learn in
many ways.
How can
you help?**



Newborn to 3 Months

Senses: The Need For Stimulation

- ♥ Babies can
 - see,
 - hear,
 - smell,
 - taste, and
 - feel.
- ♥ They do cry, but at about 1 month they can begin to make other noises, such as cooing.
- ♥ Your baby's senses need to be exercised.
 - Take your baby from room to room so he can see and hear what is going on.
 - Talk to him even before you come into the room. He will begin to know your voice and recognize you when you go to him.
 - Talk to and play with your baby when:
 - feeding,
 - diapering, or
 - bathing.
 - Imitate his different sounds.

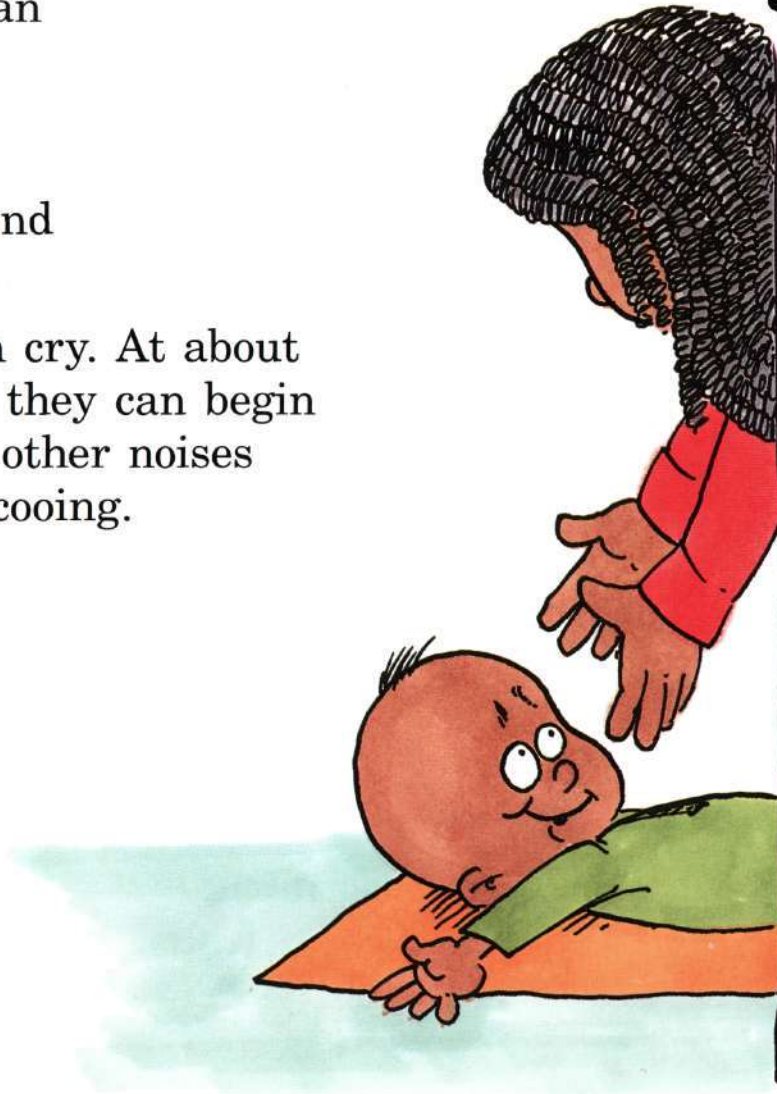
Newborn to 3 Months

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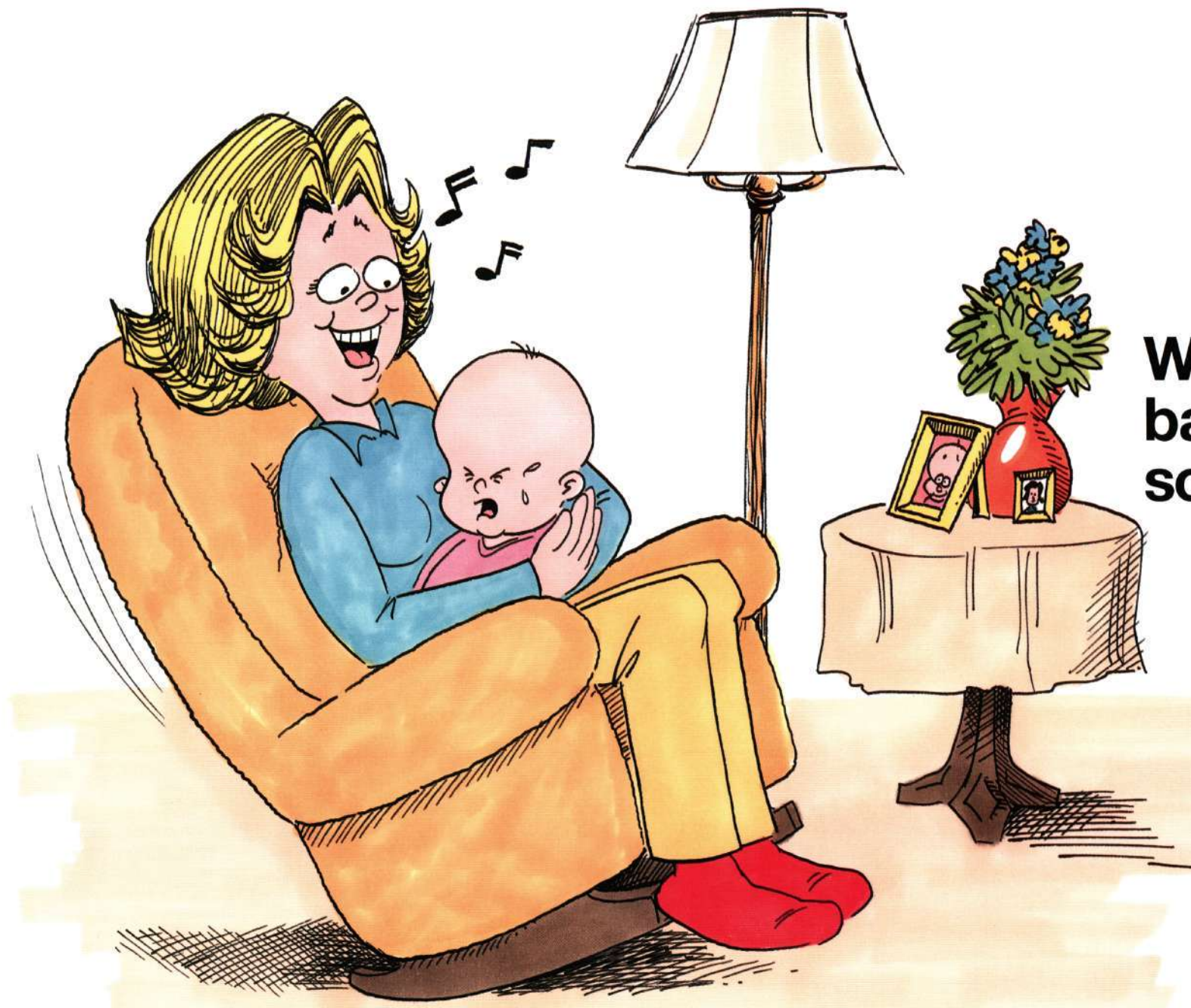


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**Why do
babies cry
so much?**



**Why do
babies cry
so much?**

Newborn to 3 Months

Crying

- ♥ Crying is a baby's way of asking for help.
- ♥ They might need:
 - food,
 - sleep,
 - changing,
 - to be held, or
 - to be played with.
- ♥ They might be sick or in pain.
- ♥ How can you stop your baby from crying?
 - Try to find out what's wrong and take care of it.
 - Rock her or put her in a baby swing.
 - Give her a pacifier.
 - Play soft music or sing.
 - Wrap her in a blanket.
 - Take her for a walk.
- ♥ It's important to respond to a baby's cry. This helps the baby trust you and feel close to you. It will not spoil the baby.
- ♥ If a young baby's cries are answered quickly, the baby will probably cry less when she gets a little older than if her cries are not answered.
- ♥ A baby has different cries for different needs.
 - “I'm hurting.”
 - “I'm hungry.”
 - “I'm upset.”
- ♥ As you get to know your baby better you'll probably be able to figure out what she needs from her cry.

Newborn to 3 Months

Crying

- ♥ Crying is how babies ask for help.
- ♥ They might be sick or in pain.

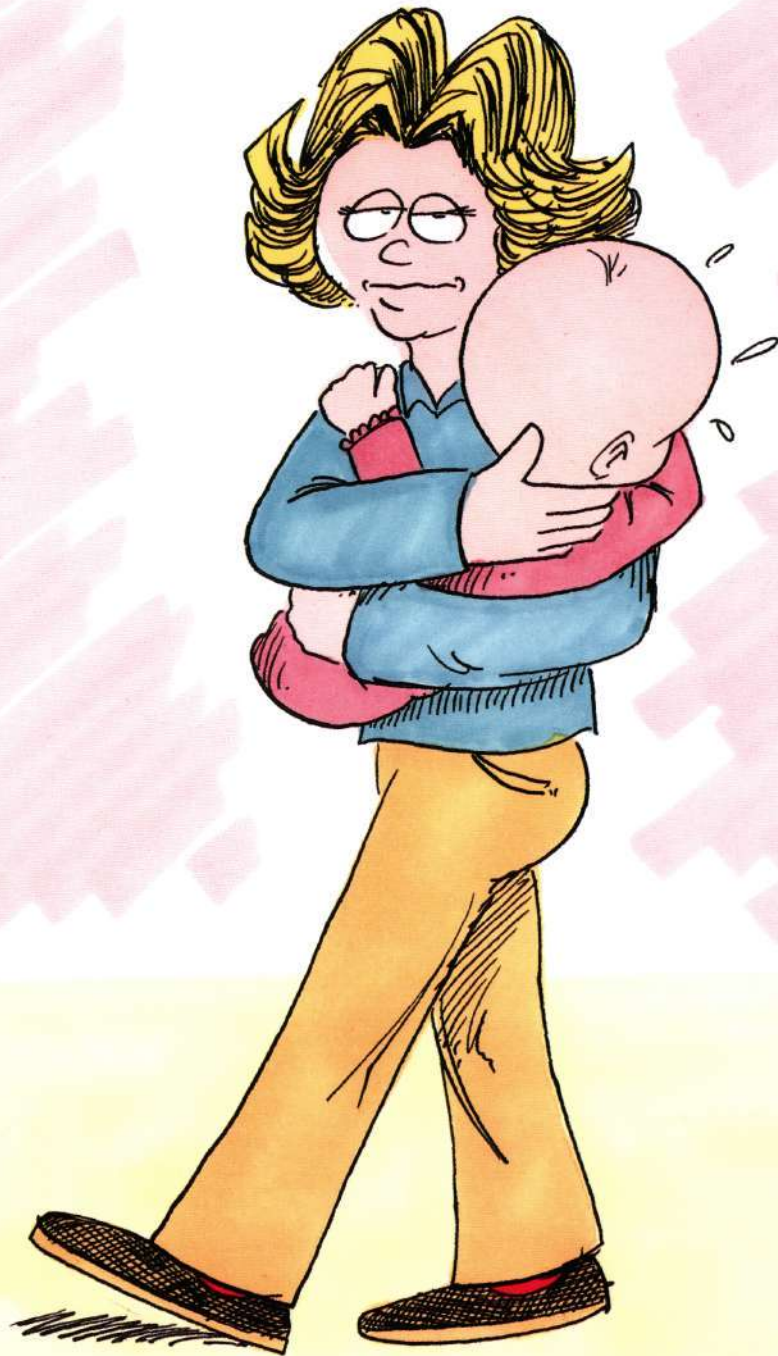


- ♥ They might need:
 - food,
 - sleep,
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 - to be held, or
 - to be played with.
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 - Rock her or put her in a baby swing.
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 - Play soft music or sing.
 - Wrap her in a blanket.
 - Take her for a walk.



**What can
you do
about
a baby
with colic?**

**What can
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a baby
with colic?**



Newborn to 3 Months

Colic

♥ About 20% of babies have colic. Colic is stomach pain that makes the baby cry a lot, usually in early evening.

–Some things that might cause colic are:

- an immature digestive system,
- allergies,
- mother's hormones from breast milk,
- eating too much or too little, or
- tension in the family.

What To Do For The Child

♥ If you are breast-feeding, watch your diet. What goes into your body goes into the baby's body.

- Drink less milk.
- Eat less peanut butter, fish, eggs, berries.
- Eat less gas producing vegetables, like cauliflower, beans.
- Eat less fruit if you're eating a lot of it.
- Cut down on caffeine, (coffee, tea, pop).

♥ Feed your baby more often, but smaller amounts at a time.

♥ Burp her.

♥ Feed her in a quiet place.

♥ Talk to your doctor.

Tips for Mom

♥ Relax! It's not your fault, so don't blame yourself.

♥ Parents of colicky babies often feel frustrated and helpless.

♥ Talk to other parents of colicky babies and ask what they do to cope.

♥ Try to take a break. Ask friends, neighbors, family members or a sitter to look after your baby once in a while.

♥ Finally, remember that colic usually stops by the third or fourth month!

Newborn to 3 Months

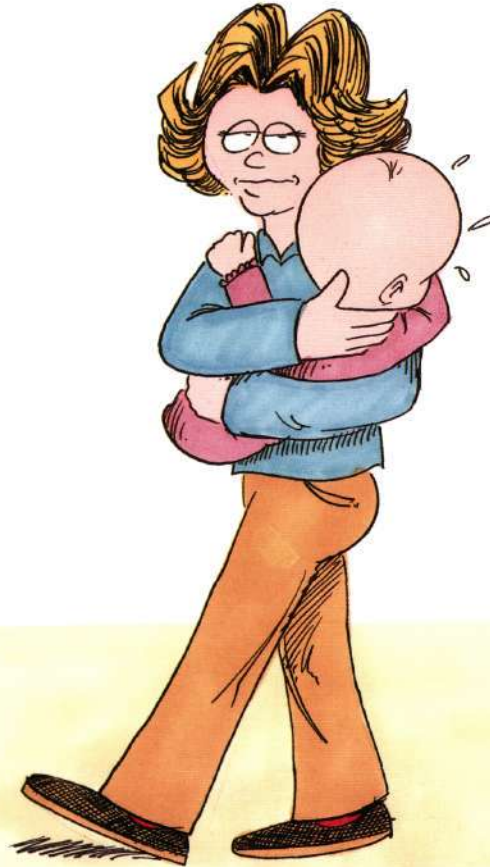
Colic

What To Do For The Child

- ♥ If you are breast-feeding, watch your diet. What goes into your body goes into the baby's body.
- ♥ Feed your baby more often, but smaller amounts at a time.
- ♥ Burp her.
- ♥ Feed her in a quiet place.
- ♥ Talk to your doctor.

Tips for Mom

- ♥ Relax! It is not your fault, so don't blame yourself.
- ♥ Parents of colicky babies often feel frustrated and helpless.
- ♥ Try to take a break. Ask friends, neighbors, family members or a sitter to look after your baby once in a while.
- ♥ Talk to other parents of colicky babies and ask what they do.
- ♥ Finally, remember that colic usually stops by the third or fourth month!





**What toys
are safe for
this age?**



**What toys
are safe for
this age?**

4 to 6 Months

Grasping

- ♥ Babies can now
 - reach for things,
 - hold things they want, and
 - put things in their mouth.
- ♥ Babies enjoy these activities very much.
 - Babies learn about their world by putting things in their mouths.
 - All babies this age do this.
 - Protect them by keeping unsafe objects away from them.
- ♥ Give them objects that are:
 - too big to be swallowed (1½ inches across),
 - smooth, not sharp,
 - unbreakable and do not come apart, and
 - clean.
- ♥ Hint: The smaller the child, the bigger the toy.

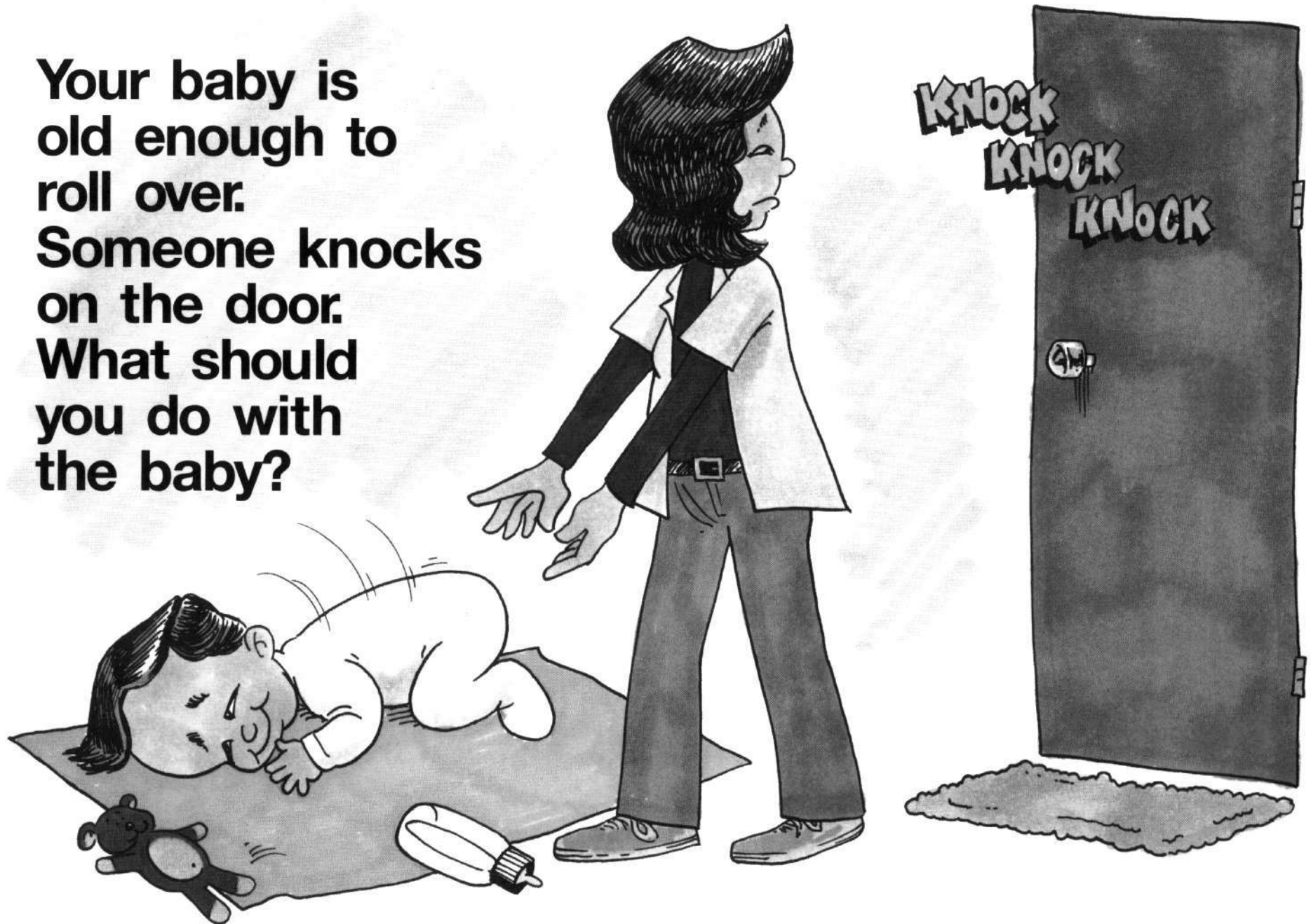
4 to 6 Months

Grasping

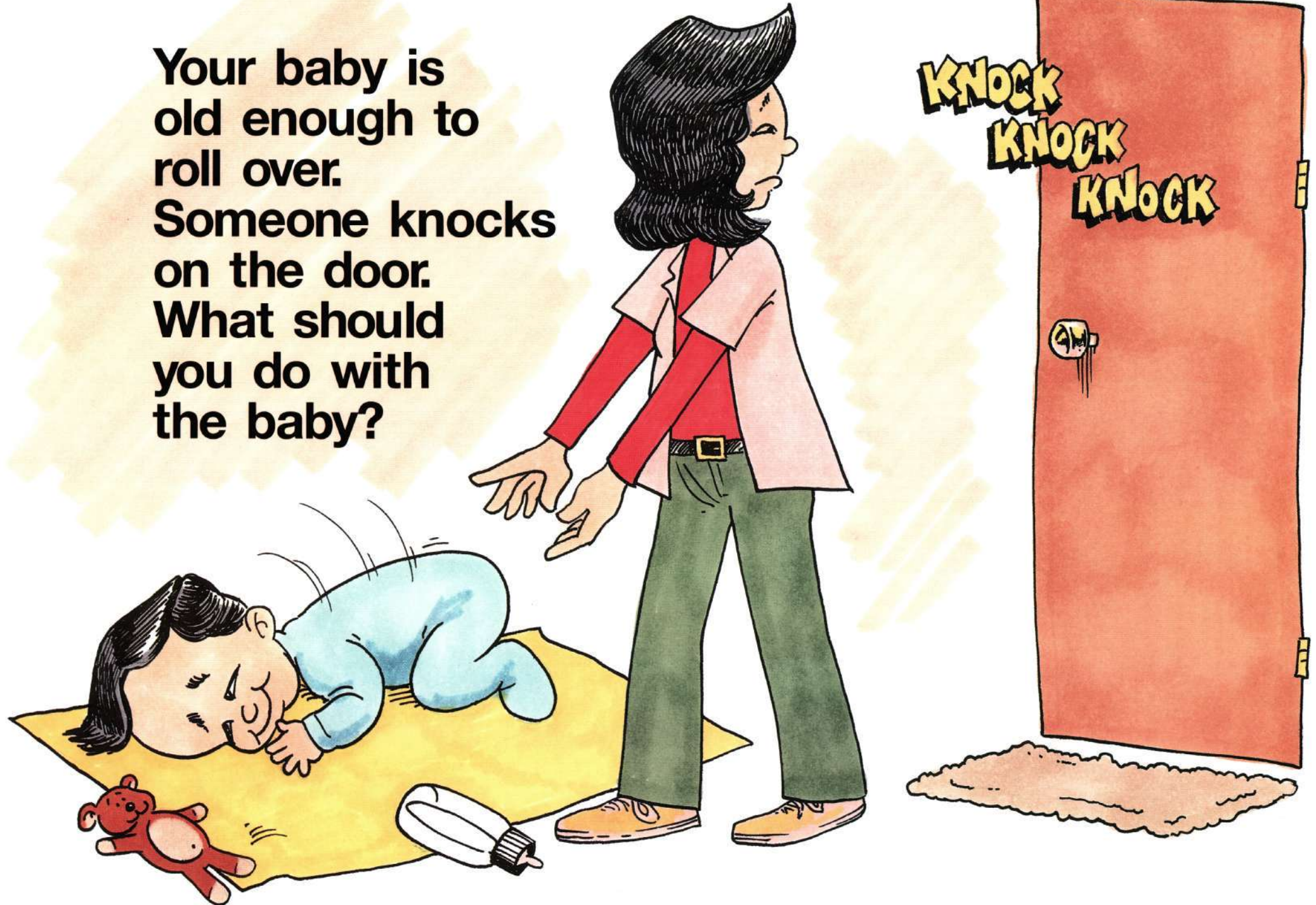


- ♥ Give them objects that are:
 - too big to be swallowed,
 - smooth, not sharp,
 - unbreakable and do not come apart, and
 - clean.
- ♥ Babies learn about their world by putting things in their mouths.
- ♥ It is their way of understanding their world.
- ♥ They will keep doing it because this is what all babies at this age do.
- ♥ Protect them by keeping unsafe objects away from them.

**Your baby is
old enough to
roll over.
Someone knocks
on the door.
What should
you do with
the baby?**



**Your baby is
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Someone knocks
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What should
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4 to 6 Months

Rolling Over

- Take him with you.
- Put him in a playpen or crib.
- Put him on a blanket on a clean and safe floor.
- ♥ Most babies start to roll over from back to stomach around 4 or 5 months.
- ♥ They can roll off a bed, couch, or table.
- ♥ Never leave the baby on anything that they can roll off when you leave the room.

4 to 6 Months

Rolling Over

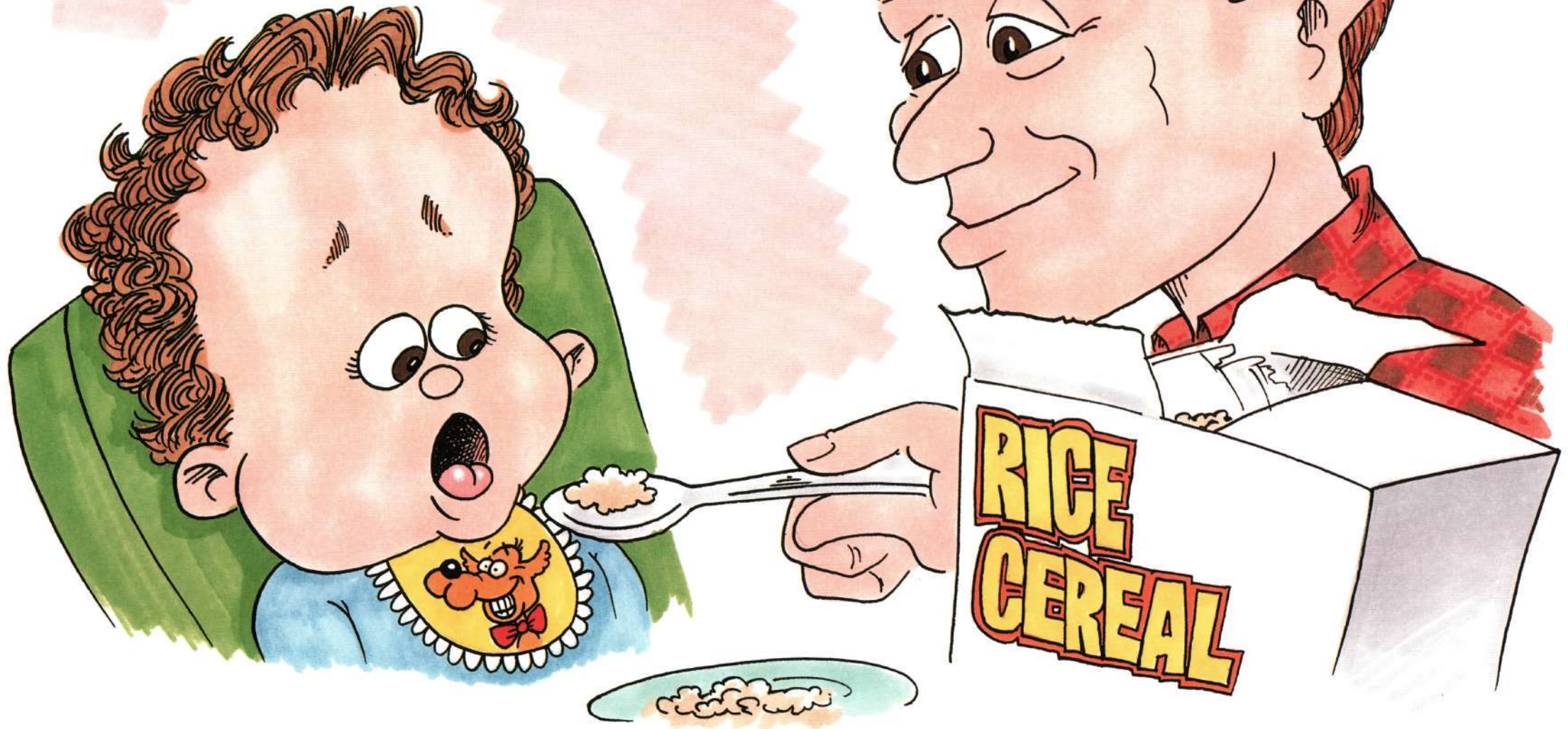
- ♥ Babies can roll off a bed, couch or table.
- ♥ Instead:
 - take him with you.
 - put him in a playpen or crib.
 - put him on a blanket on a clean and safe floor.



**When can you
start feeding
your baby
solid food?**



**When can you
start feeding
your baby
solid food?**



4 to 6 Months

Solid Foods

♥ You can usually start feeding your baby solid food

- at about 6 months, but
- follow your doctor’s advice.

♥ What you can feed him:

- infant cereal–mixed with breast milk or formula. Use rice cereal first; not mixed grain cereal.
- strained vegetables and fruits, and
- fruit juice.

How do you go about feeding him solid food?

- ♥ Give one new food at a time for about a week before giving the baby a second new food.
- ♥ Start with very small amounts (about 1 tablespoon a day).
- ♥ Watch for reactions, such as
 - skin rashes,
 - vomiting,
 - diarrhea,
 - cramps,
 - gas, and
 - irritableness.

4 to 6 Months

Solid Foods

When?

- ♥ Start at about 6 months.
- ♥ Follow your doctor's advice.

How?

- ♥ Feed him one new food at a time for about a week.
- ♥ Watch for his reactions.

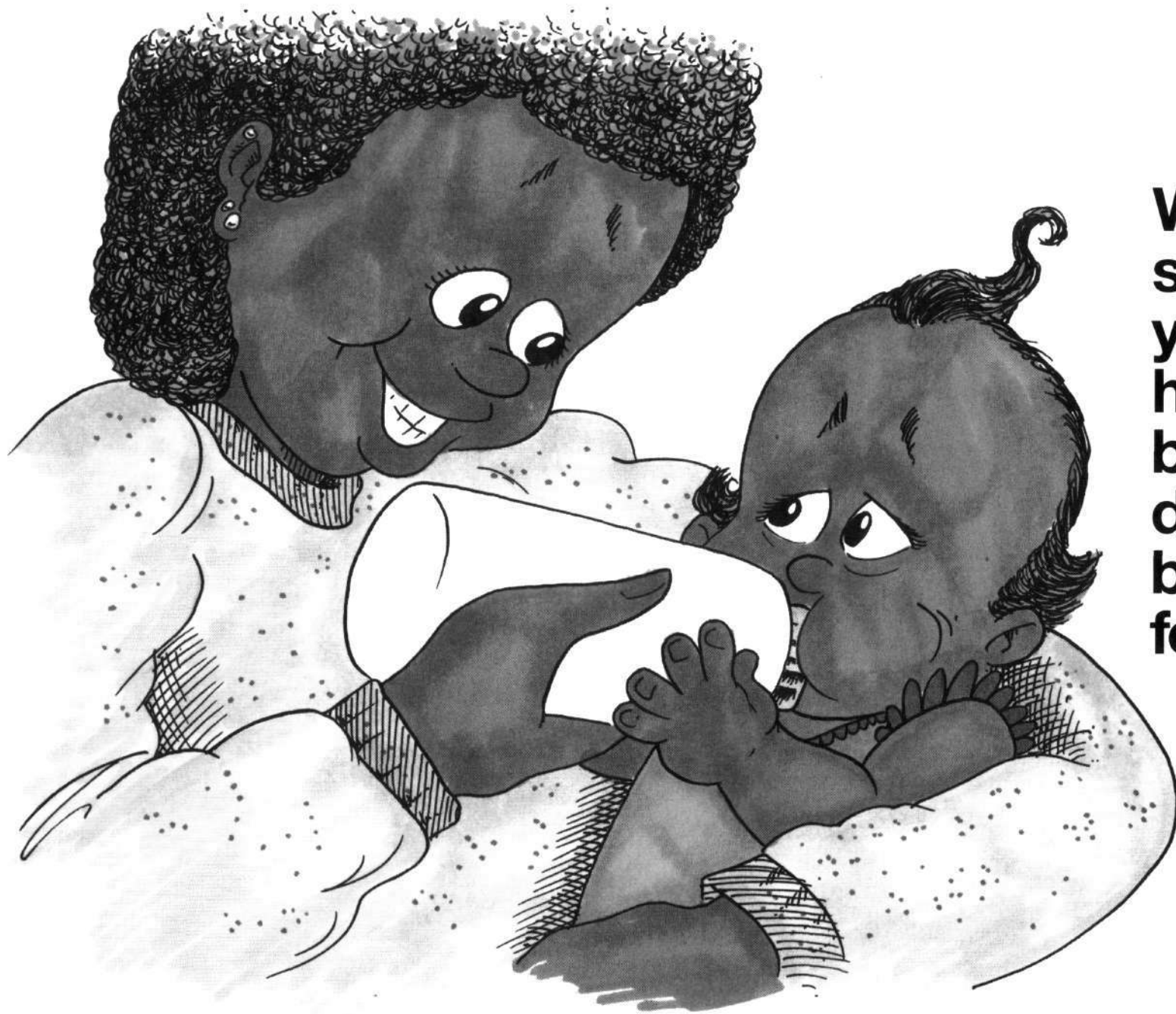
What?

- ♥ Infant cereal.
- ♥ Strained vegetables and fruits.
- ♥ Fruit juice.

Remember:

- ♥ Start with very small amounts (1 tablespoon a day).
- ♥ Keep using breast milk or formula.





**Why
should
you still
hold your
baby
during
bottle
feeding?**



**Why
should
you still
hold your
baby
during
bottle
feeding?**

4 to 6 Months

Bottle Feeding

♥ Hold your baby:

- so she doesn't choke.
- to avoid teeth and ear problems.
- so she will feel secure and loved.

♥ A bottle is not to be used as a pacifier.

- “Bottle mouth” is caused by milk or juice left in the mouth.
- It gives kids cavities that ruin their teeth.
- The longer the liquid stays in the mouth, the more the chance for decay, even for teeth that haven't come through yet.

4 to 6 Months

Bottle Feeding

♥ Hold your baby:

- so she will feel secure and loved.
- so she does not choke.
- to avoid teeth and ear problems.





**How can
you tell
when your
baby is
starting to
get teeth?**



**How can
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get teeth?**

7 to 9 Months

Teething

- ♥ The first tooth usually comes in at about 6½ months.
- ♥ Teething babies may be fussy, irritable, and drool a lot.
- ♥ What can you do to help your baby?
 - Give him a good teether that is:
 - easy to hold,
 - lightweight, and
 - easy to keep clean.
 - Some babies like cool things in their mouth. Try:
 - a teether with gel fillings.
 - dipping your finger in ice water and rubbing the baby's gums.
 - Don't put anything frozen on the gums. That could hurt the gums.
- ♥ Fever, vomiting and diarrhea are signs of infection. Call your doctor.

7 to 9 Months

Teething

- ♥ The first tooth usually comes in at about 6½ months.
- ♥ Some babies have pain, drool a lot and are fussy before the tooth comes in.

How can you help your baby?

- ♥ Give him a good teether.
- ♥ Check with your doctor about fever and diarrhea to make sure there is no other infection.





BA-BA-BA

People make fun of you talking to your baby and making the same funny noises she makes. What can you tell them?

BA-BA-BA

People make fun of you talking to your baby and making the same funny noises she makes. What can you tell them?



7 to 9 Months

Babbling

- ♥ The baby will start to know that sounds mean something if you “talk back” when they “talk”.
- ♥ Your baby will start imitating you. This is the beginning of conversation.
- ♥ Babies babble at this age.
- ♥ Babbling helps develop the muscles (throat, tongue, lips) that make sounds that are used in talking later on.
- ♥ Keep talking to and imitating your baby. This will help her talk earlier and better.

7 to 9 Months

Babbling

- ♥ Tell people that talking to and imitating your baby will help her talk earlier and better.
- ♥ Keep talking to and imitating your baby.
- ♥ After a while, she will start imitating you. This is the beginning of conversation.





**Why are
babies
this age
often afraid
of other
people?**



**Why are
babies
this age
often afraid
of other
people?**

7 to 9 Months

Fears

- ♥ At this age babies are afraid of strangers. They can tell the difference between people they know and people they don't know.
 - Have friends come to your house.
 - Take him where there are other people (to visit someone, to the store).

- ♥ Babies are also afraid of being left by you.
 - He doesn't understand that you'll be back.
 - Prepare him before you leave. Get him interested in something he likes to do.
 - Don't sneak away.
 - It will be easier for him to trust you next time if you prepare him.

7 to 9 Months

Fears

- ♥ They can tell the difference between people they know and people they do not know.

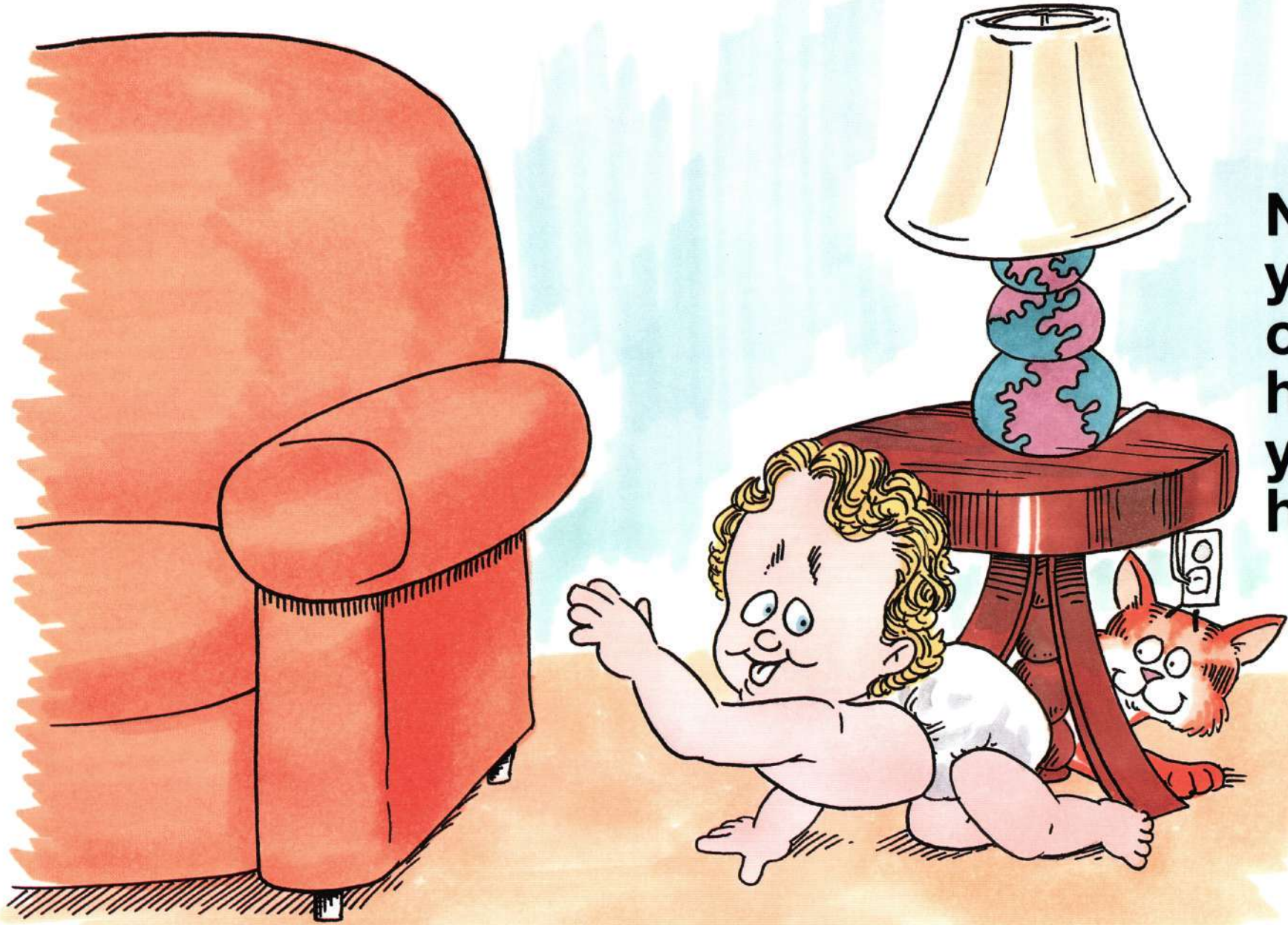
What can you do?

- ♥ Take him to places where there are other people.
- ♥ When you have to leave your baby with someone, prepare him. Get him interested in an activity he likes.





**Now that
your baby
can crawl,
how can
you keep
him safe?**



**Now that
your baby
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how can
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him safe?**

7 to 12 Months

Crawls, Pulls Self Up, Walks Around Things And Climbs

- ♥ Use a playpen when you can't watch him every second.
- ♥ Childproof your house.
 - Put dangerous items out of reach:
 - cleaners,
 - sharp things,
 - small things (choking),
 - breakable things and
 - tablecloths.
 - Cover electrical outlets.
- ♥ Babies start to crawl at around 8 months.
- ♥ They also pull themselves up on furniture.
- ♥ Between 11 & 12 months they can start to walk while holding on to furniture.
- ♥ Some babies climb, so make sure furniture can't fall on them.
- ♥ **Remember:** Babies need to explore. This is how they learn about their world.

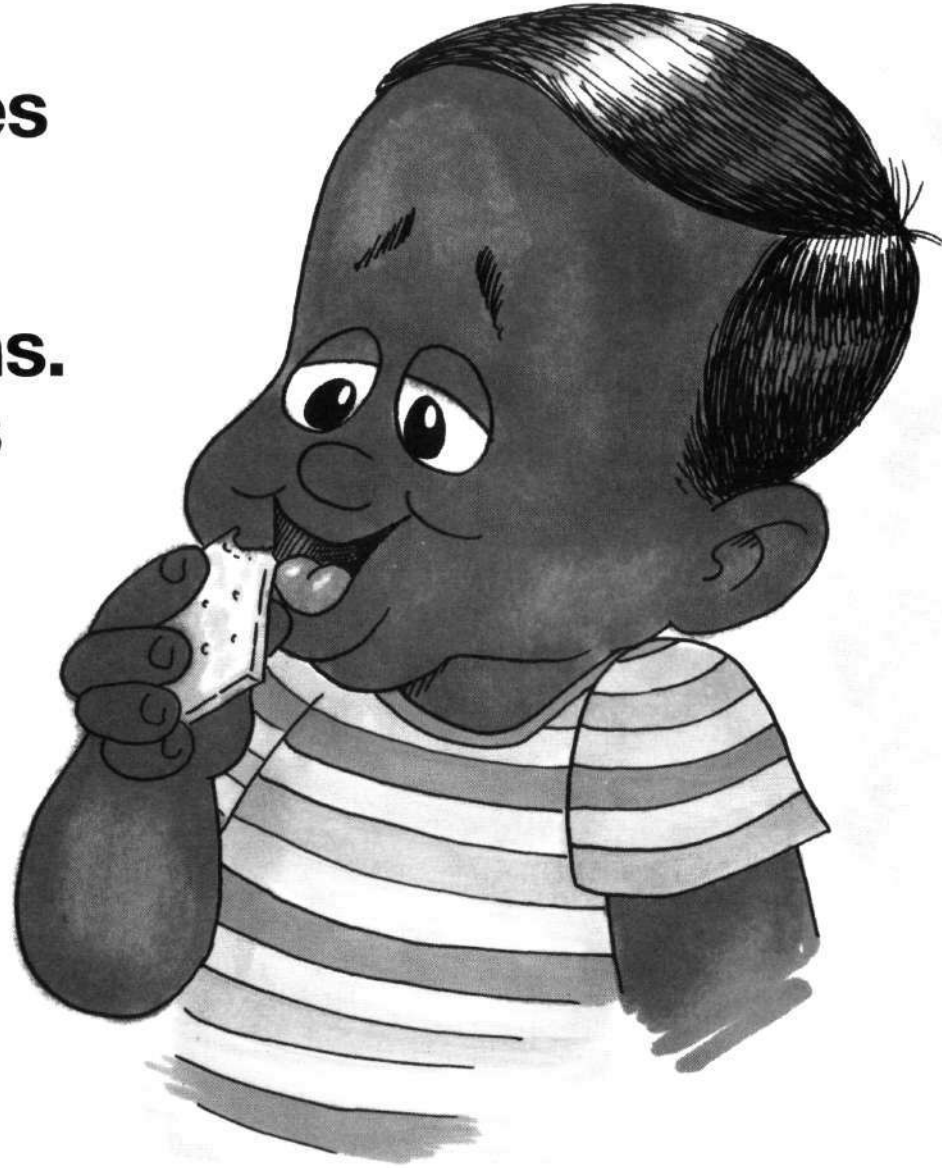
7 to 12 Months

Crawls, Pulls Self Up, Walks Around Things And Climbs

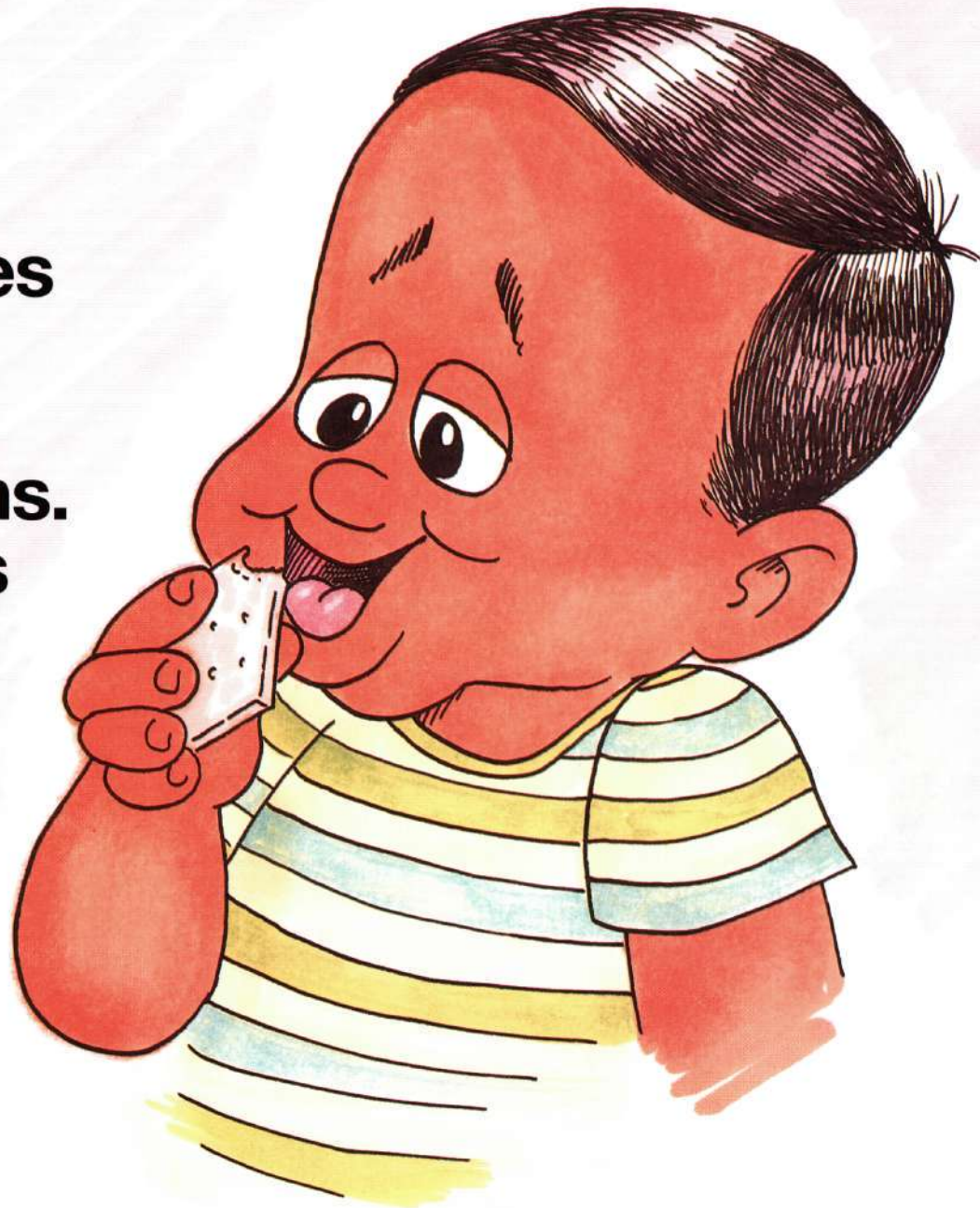
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**Many babies
can feed
themselves
by 9 months.
What foods
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7 to 12 Months

Feeding

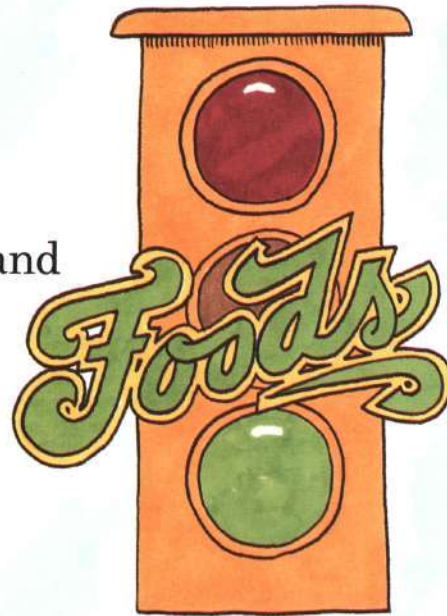
- ♥ Give him foods that are soft and crumbly.
- ♥ Avoid berries, citrus fruits, wheat grains, corn, peanut products, fish and egg whites at this age. Many babies are allergic to them.
- ♥ Finger foods that are safe and good for your baby are:
 - soft peeled fruit,
 - well done cooked vegetables,
 - mild cheese,
 - cooked egg yolk,
 - crackers,
 - teething biscuits, and
 - pieces of toast or tortilla.
- ♥ Babies can choke on foods such as:
 - nuts,
 - popcorn,
 - raisins,
 - grapes,
 - raw vegetables,
 - cherries, and
 - whole or cut hot dogs.

7 to 12 Months

Feeding

♥ Finger foods that are safe and good for your baby are:

- soft peeled fruit,
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**Your baby
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You are
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What can
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7 to 12 Months

Drops And Throws Things

- ♥ He is not doing this on purpose to upset you. He is learning by experimenting.
 - Babies love to drop and throw things over and over. They are practicing holding and letting go of things.
 - They learn that different objects make different sounds when they land.
 - Dropping and throwing give them a way to learn more about an object.
- ♥ Almost all babies throw or drop things at this age.
- ♥ Tie a few of his toys to his highchair tray or playpen. When he throws them he can pull them back up. Show him how to do it a few times.

7 to 12 Months

Drops And Throws Things

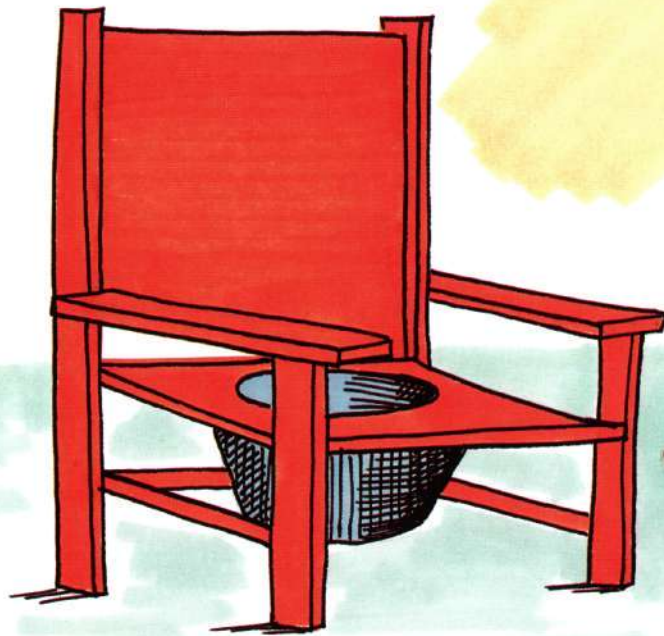
- ♥ He is not doing this on purpose to upset you.
- ♥ He is learning by experimenting.
- ♥ Almost all babies do this at this age.
- ♥ Tie a few toys to his highchair with string. Show him how to pull them back up. You will help him experiment and learn!



**When
should you
start potty
training?**



**When
should you
start potty
training?**



12 to 24 Months

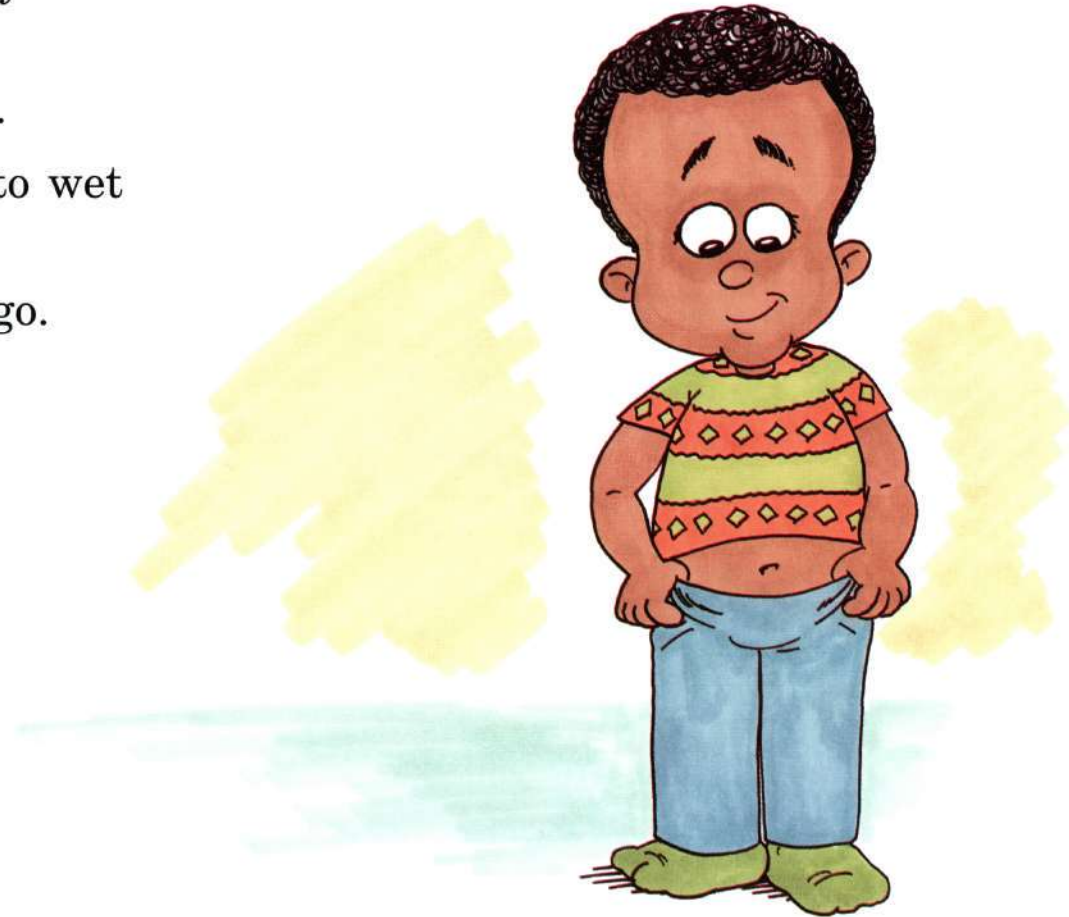
Toilet Training

- ♥ A baby under 2 years usually isn't ready to control his bladder and bowel movements.
 - girls–usually at about 2
 - boys–usually at about 2½.
- ♥ For a baby to be ready for potty training, he must be able to do these actions.
 - Know what you want him to do.
 - Know or feel when he is about to wet or mess his diapers.
 - Let you know that he needs to go.
 - Get into the bathroom.
 - Get clothes off.
 - Sit on the potty.
 - Relax and let urine and bowel movement out.
- ♥ If you start too early he may get upset that he can't do what you want. You will make yourself and your child unhappy if you start too early.

12 to 24 Months

Toilet Training

- ♥ For a baby to be ready to be potty trained, he must be able to:
 - Know what you want him to do.
 - Know or feel when he is about to wet or mess his diapers.
 - Let you know that he needs to go.
 - Get into the bathroom.
 - Get clothes off.
 - Sit on the potty.
 - Relax and let urine and bowel movement out.



**When will
your baby
start walking?**



**When will
your baby
start walking?**



12 to 24 Months

Walking

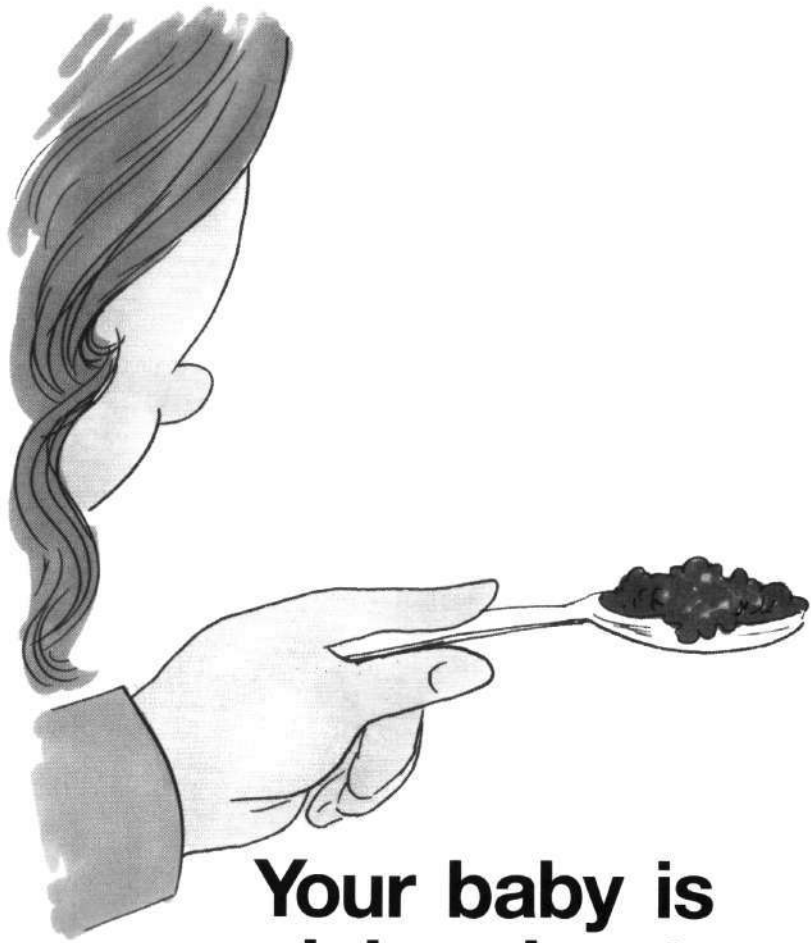
- ♥ Most babies walk between 12 and 15 months. Anywhere from 9 months to 18 months is normal.
- ♥ All babies are different. Walking depends on:
 - how well he can get to places by crawling so he does not need to walk.
 - if he has been sick.
 - bad experiences, such as falling hard when he first tried to walk.
- ♥ Help him by:
 - keeping the floor clear of objects.
 - putting a safety gate at the stairs.

12 to 24 Months

Walking

- ♥ All babies are different. Walking depends on:
 - how well he can get to places by crawling so he does not need to walk.
 - if he has been sick.
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 - putting a safety gate at the stairs.





Your baby is picky about what she eats. You think she does not eat enough. What can you do?





Your baby is picky about what she eats. You think she does not eat enough. What can you do?



12 to 24 Months

Picky Eaters

♥ Toddlers eat less because:

- they're not growing as quickly,
- they're developing more likes and dislikes,
- they like to show their independence by saying “no”, and
- teething sometimes affects their appetites.

♥ Make meals more pleasant.

- Give small amounts. Add more food later, if needed.
- Give her finger foods.
- Let her feed herself.
- Allow her to leave some food.
 - It's best for the child to stop eating when she is “full”.
 - Pressuring kids to eat usually results in eating less, not more.

♥ Serve finger foods such as:

- soft peeled fruit,
- mild cheese,
- cooked egg yolk,
- crackers,
- teething biscuits,
- pieces of toast or tortilla, and
- small pieces of banana.

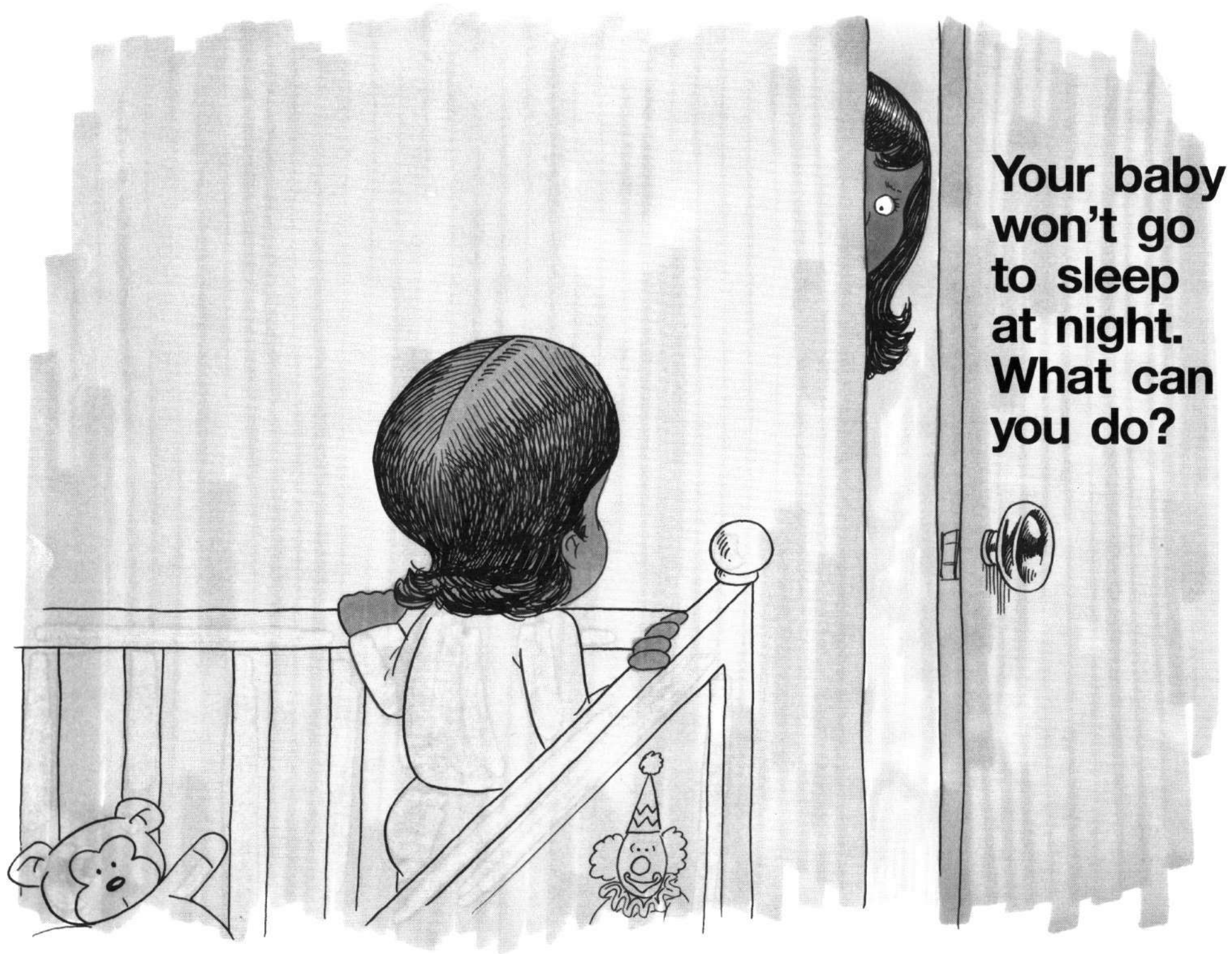
12 to 24 Months

Picky Eaters

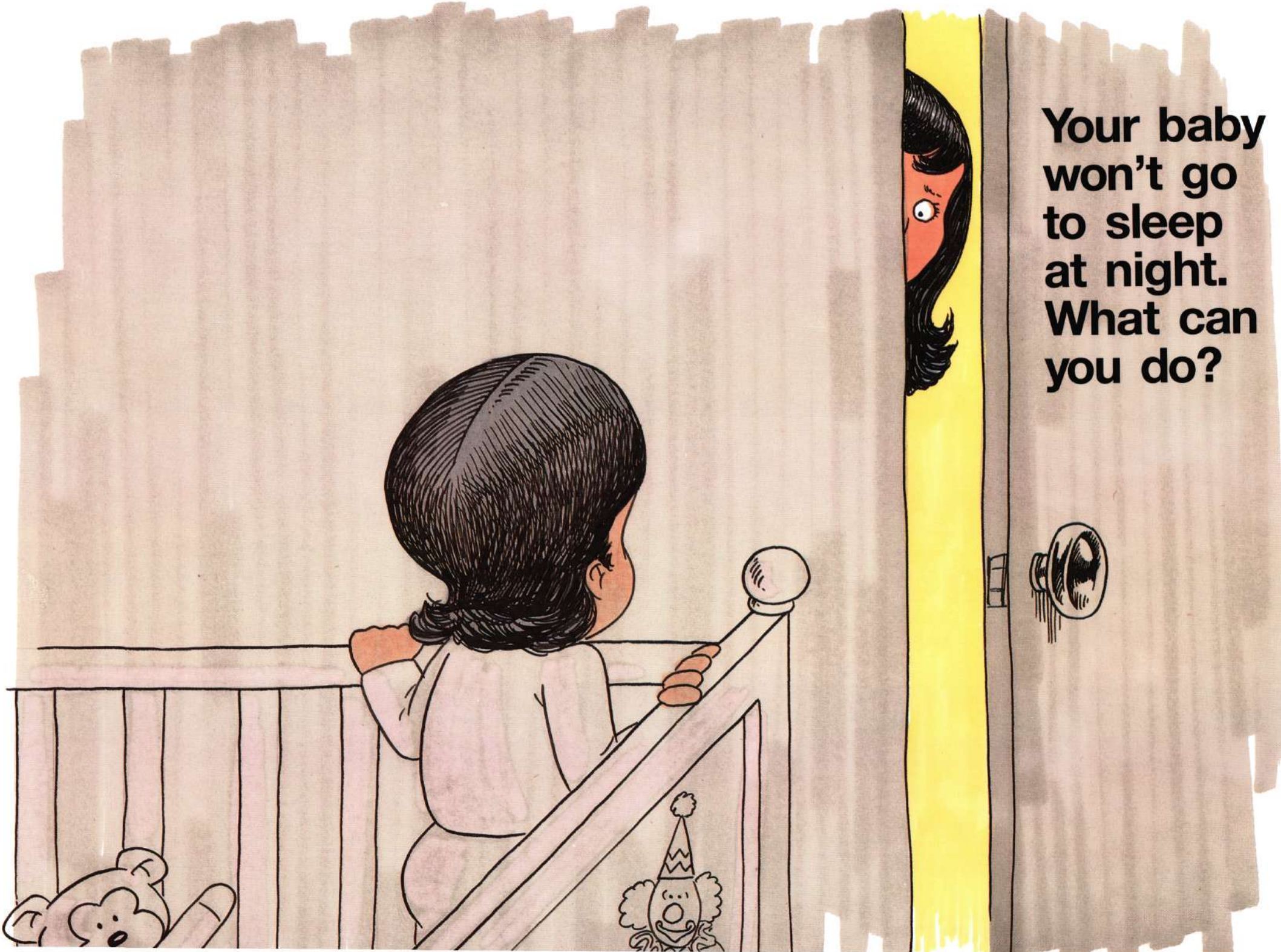
- ♥ Toddlers eat less because:
 - they are not growing as quickly.
 - they are developing more likes and dislikes.
 - teething sometimes affects their appetites.
- ♥ You can make meals more pleasant.
 - Give smaller amounts.
 - Give finger foods.
 - Let her feed herself.
 - Allow her to leave some food.

- ♥ Good finger foods are:
 - soft peeled fruit,
 - mild cheese,
 - cooked egg yolk,
 - crackers,
 - teething biscuits,
 - pieces of toast or tortilla, and
 - small pieces of banana.





**Your baby
won't go
to sleep
at night.
What can
you do?**



**Your baby
won't go
to sleep
at night.
What can
you do?**

12 to 24 Months

Sleep

- ♥ Have regular naptimes.
- ♥ Develop a bedtime routine.
 - Some babies go to sleep better if you get them ready for bed the same way every night. Example: bath, play, snack, bed.
- ♥ Put your baby to bed about the same time every night.
- ♥ Do calm activities in the evening.

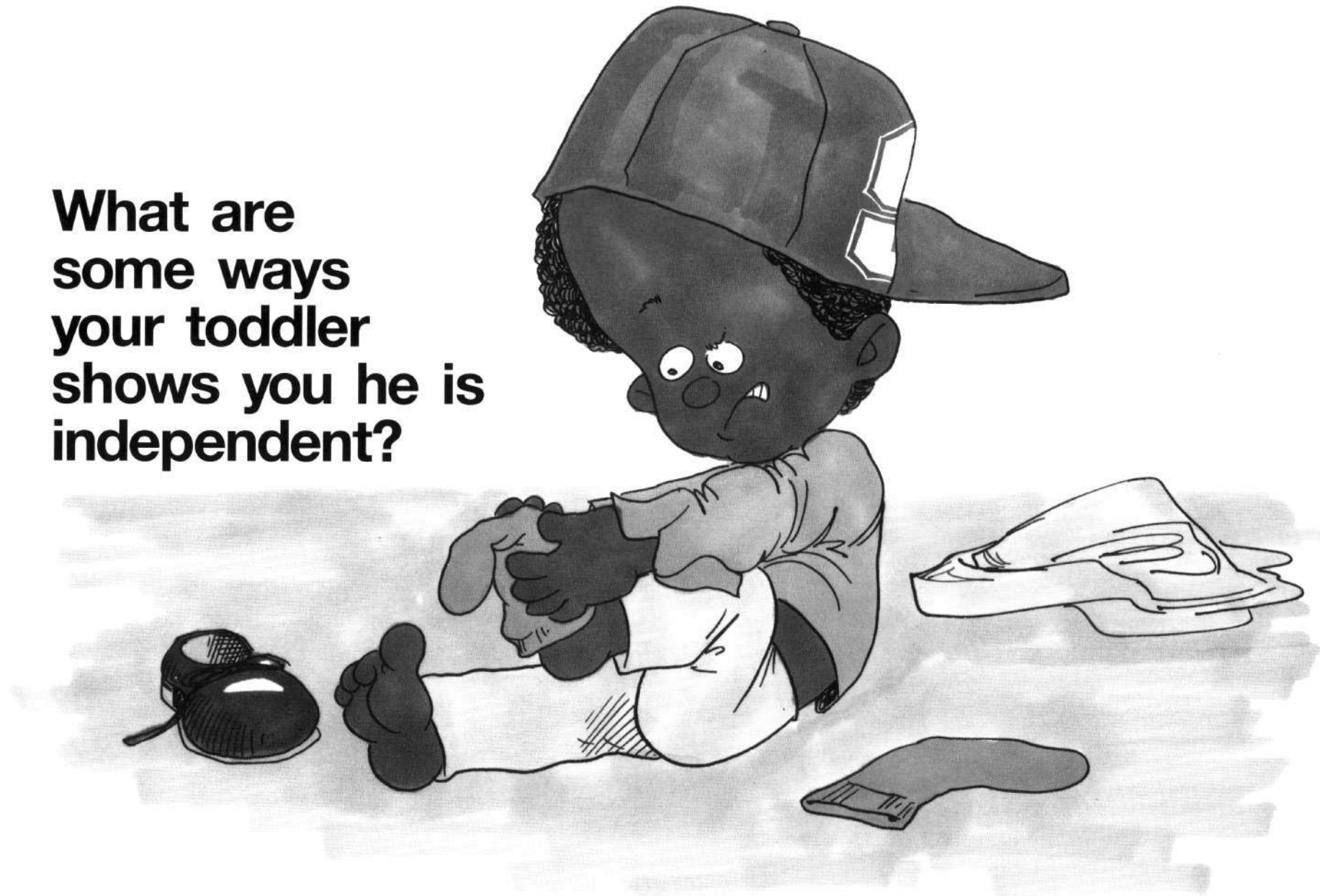
12 to 24 Months

Sleep

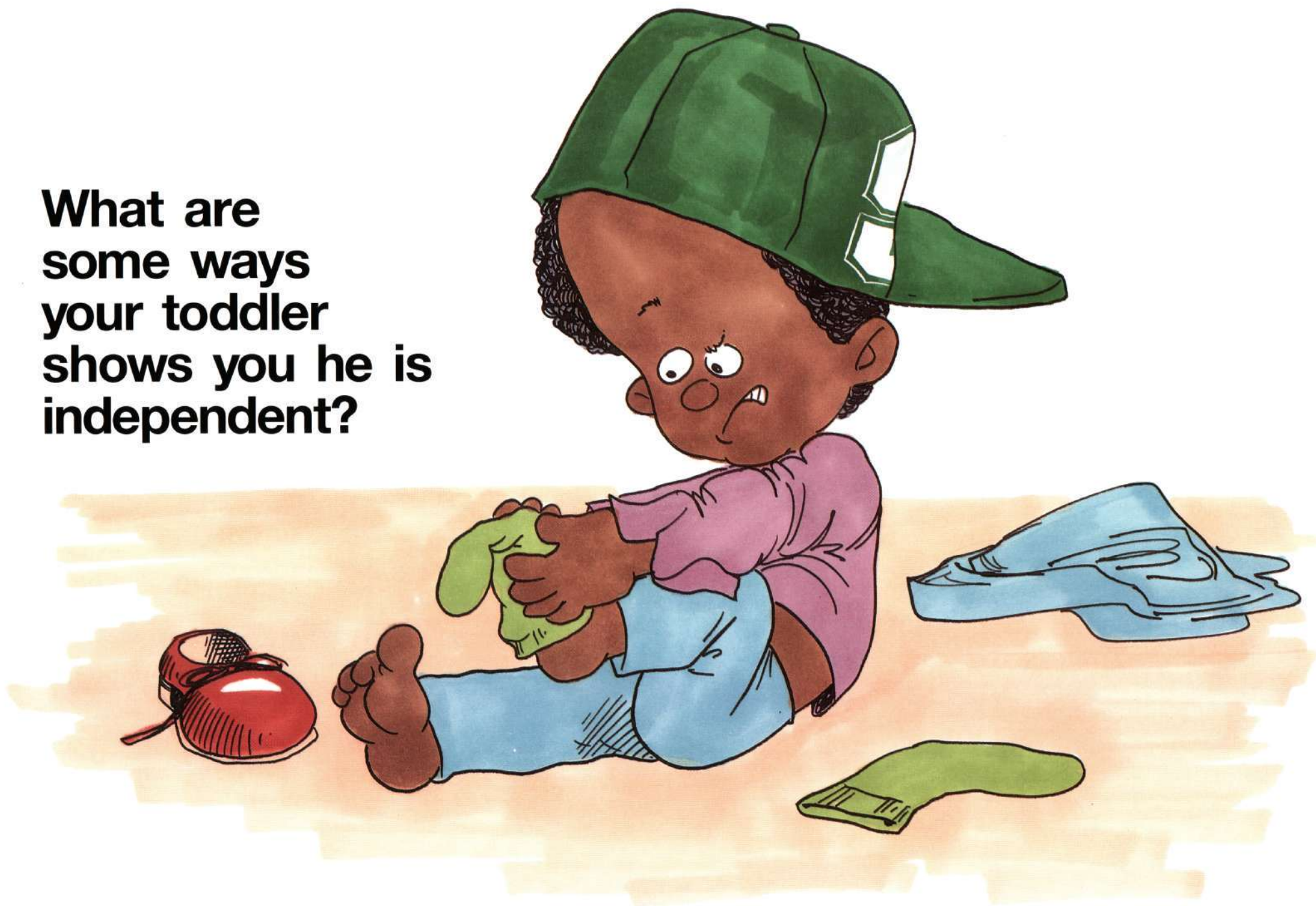
- ♥ Have regular naptimes.
- ♥ Develop a bedtime routine.
- ♥ Put your baby to bed about the same time every night.
- ♥ Do calm activities in the evening.



**What are
some ways
your toddler
shows you he is
independent?**



**What are
some ways
your toddler
shows you he is
independent?**



12 to 24 Months

Independence

♥ Toddlers like to:

- pour their own milk on their own cereal (put it in a small pitcher or cup for him),
- feed themselves,
- dress themselves,
- get into the car by themselves,
- turn the pages in the books you read to them, and
- open doors.

♥ Toddlers want to control what they do. This shows you that they are growing up and feel secure enough to try to do things themselves.

♥ You can help.

- Be patient.
- Let him do as much as he can for himself.
- Give choices when you can (about food, clothes, toys).

12 to 24 Months

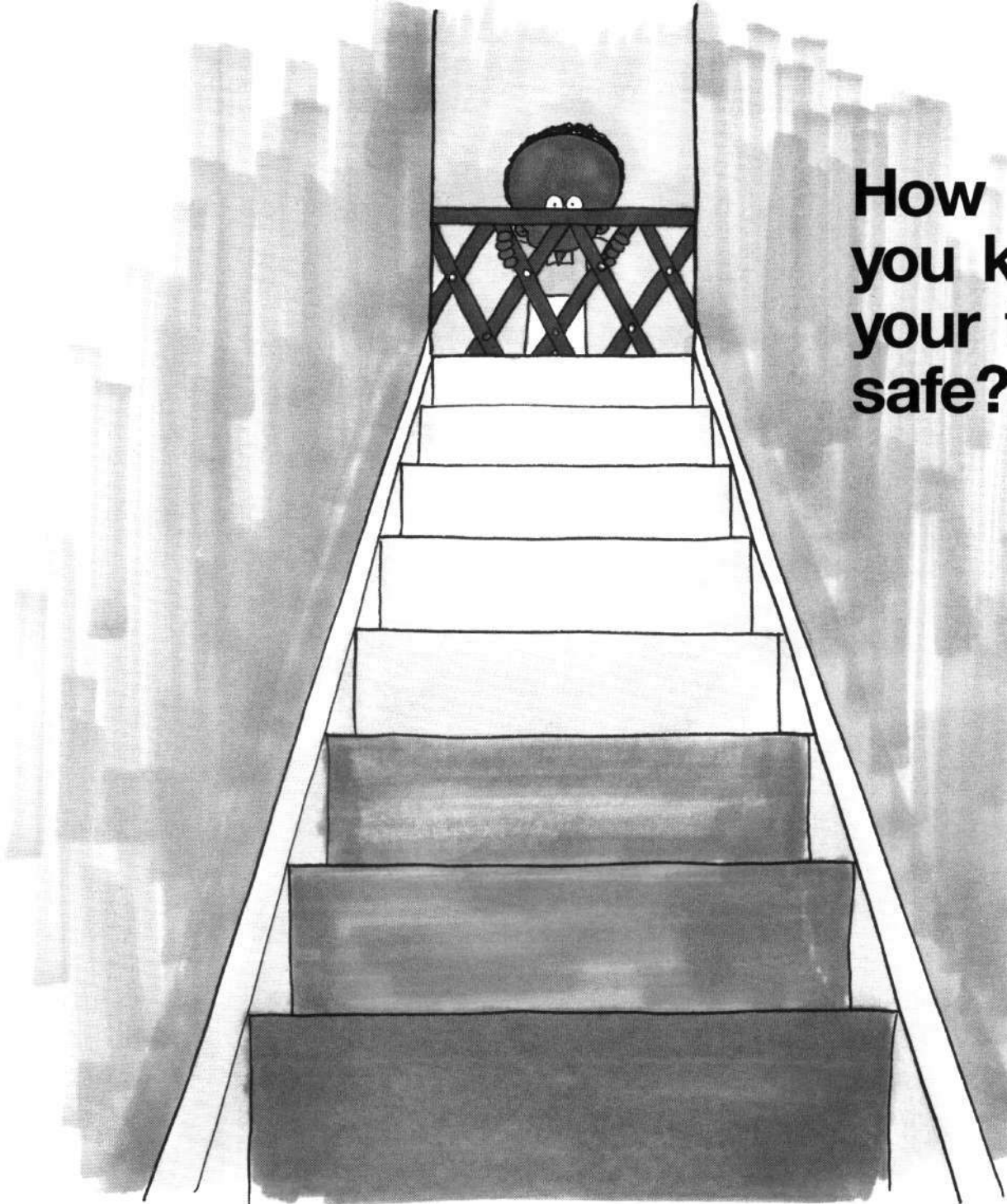
Independence



♥ Toddlers like to:

- pour their own milk on their cereal,
- dress themselves,
- get into the car by themselves,
- turn the pages in the books you read to them, and
- open doors.

♥ **Be patient. They are showing you they are growing up.**



**How can
you keep
your toddler
safe?**



**How can
you keep
your toddler
safe?**

12 to 24 Months

Accidents

- ♥ Use stairway gates and window guards.
- ♥ Do not leave chairs near open windows or cabinets.
- ♥ Cover electrical outlets.
- ♥ Keep your toddler away from hot stoves, heaters and irons.
- ♥ Turn your water heater down to 120 or 130 degrees so he will not accidentally scald himself.
- ♥ Stay with your toddler while he takes a bath.
- ♥ Lock doors to dangerous areas.
- ♥ Put cleaning supplies, medicine and alcohol out of reach.
- ♥ More children die and are hurt from accidents than from diseases.
- ♥ Babies need protection from accidents; they are too young to protect themselves.

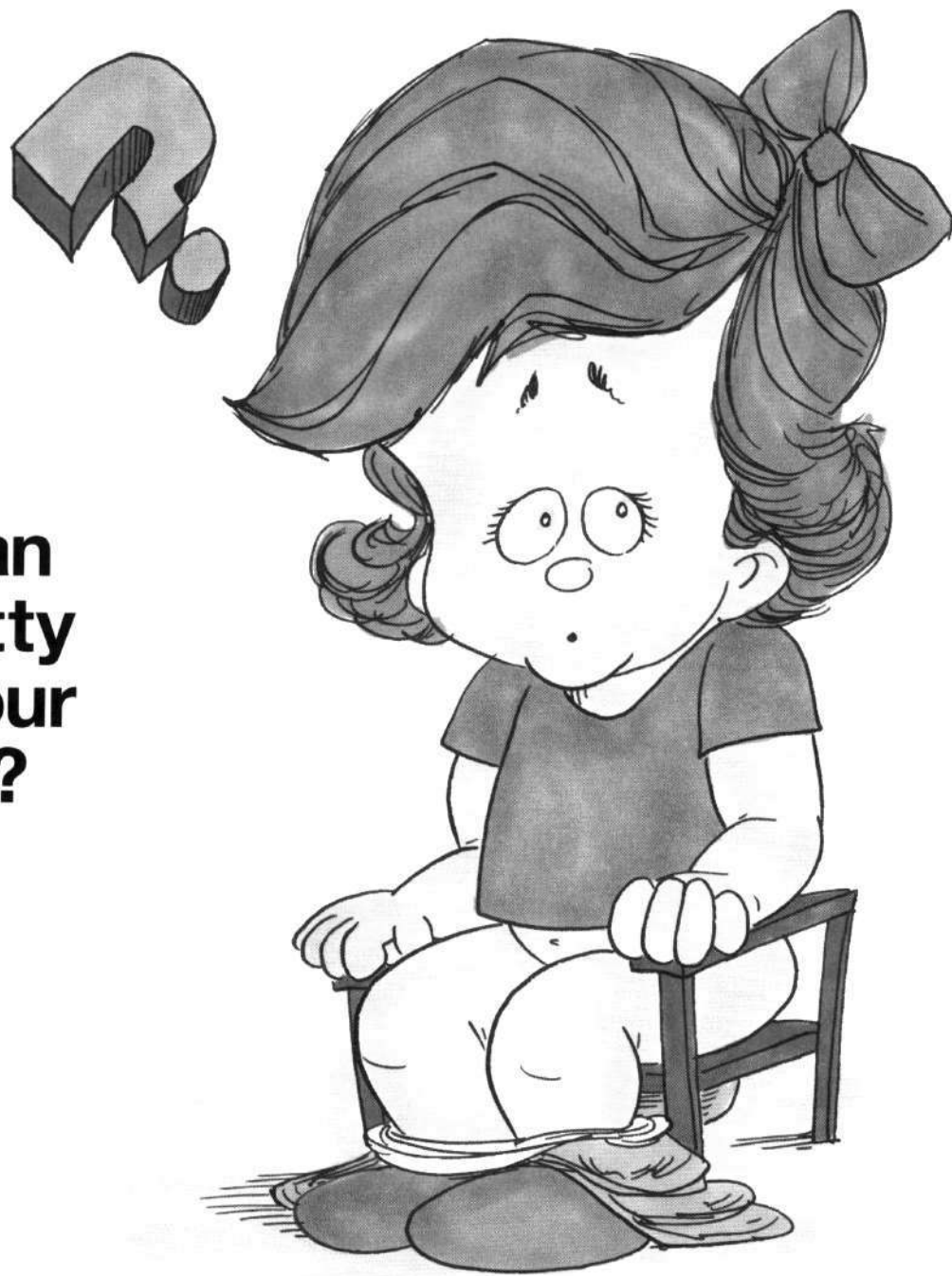
12 to 24 Months

Accidents

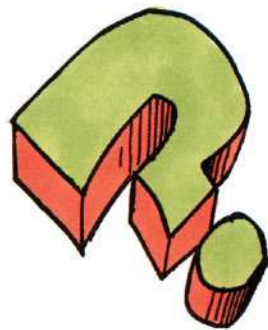
- ♥ Use stairway gates and window guards.
- ♥ Move chairs away from open windows, cabinets or counter tops.
- ♥ Cover electrical outlets.
- ♥ Keep your toddler away from hot stoves, heaters and irons.
- ♥ Turn your water heater down to 120 or 130 degrees so he will not accidentally scald himself.
- ♥ Stay with your toddler while he takes a bath.
- ♥ Lock doors to dangerous areas.
- ♥ Put cleaning supplies, medicine and alcohol out of reach.



**How can
you potty
train your
toddler?**



**How can
you potty
train your
toddler?**



24 to 36 Months

Toilet Training

- ♥ Potty train your child when she:
 - understands what you want her to do.
 - has the muscle control to do it.
- ♥ What can you do?
 - Show her and tell her what to do.
 - Put her on the potty a few times a day:
 - after a bath,
 - after a meal,
 - after a nap and
 - anytime she's been dry for a while.
- ♥ Praise or reward success.
- ♥ Don't punish mistakes.
- ♥ Dress her in clothes that are easy to pull on and off.

24 to 36 Months

Toilet Training

When?

- ♥ When your child:
 - understands what you want her to do.
 - has the muscle control to do it.

What can you do?

- ♥ Show her and tell her what to do.
- ♥ Put her on the potty a few times a day.
- ♥ Praise or reward success.
- ♥ Do not punish mistakes.
- ♥ Dress her in clothes that are easy to pull on and off.





**Your toddler
still wants
to suck
his thumb.
Will you
let him?**



**Your toddler
still wants
to suck
his thumb.
Will you
let him?**

24 to 36 Months

Thumb Sucking

- ♥ Thumb sucking comforts a child.
- ♥ Some professionals believe that if you stop a child from sucking his thumb or fingers he:
 - may start having sleep problems.
 - may start to wet the bed.
- ♥ Thumb sucking usually goes away by itself.
- ♥ It will not hurt teeth at this age.
- ♥ As the child gets older, keep him busy.
 - Have him play with toys.
 - Let him help you.
- ♥ If he's busy he may not think about his thumb.

24 to 36 Months

Thumb Sucking

♥ Thumb sucking:

- comforts a child.
- usually goes away.
- will not hurt teeth at this age.

♥ As the child gets older, you can give him something to do with his hands like:

- playing with toys.
- helping you.





Your toddler wants to dress herself and always says, "Me do it." What can you do?



Your toddler wants to dress herself and always says, "Me do it." What can you do?

24 to 36 Months

Dressing Self

- ♥ This behavior is normal for this age.
 - At 1 or 1½ toddlers may try to undress.
 - By 2 they can take their clothes off.
 - By 3 they can put on easy clothes.

- ♥ So that you and your toddler don't get too frustrated while she's learning:
 - Give her a choice of clothes.
 - Let her do what she can herself. Help her if she needs it.
 - Lay out the piece of clothing the way it should go on so she can start the right way.
 - Tell her what a big girl she is if she does it right.
 - Try not to laugh if she does it wrong.

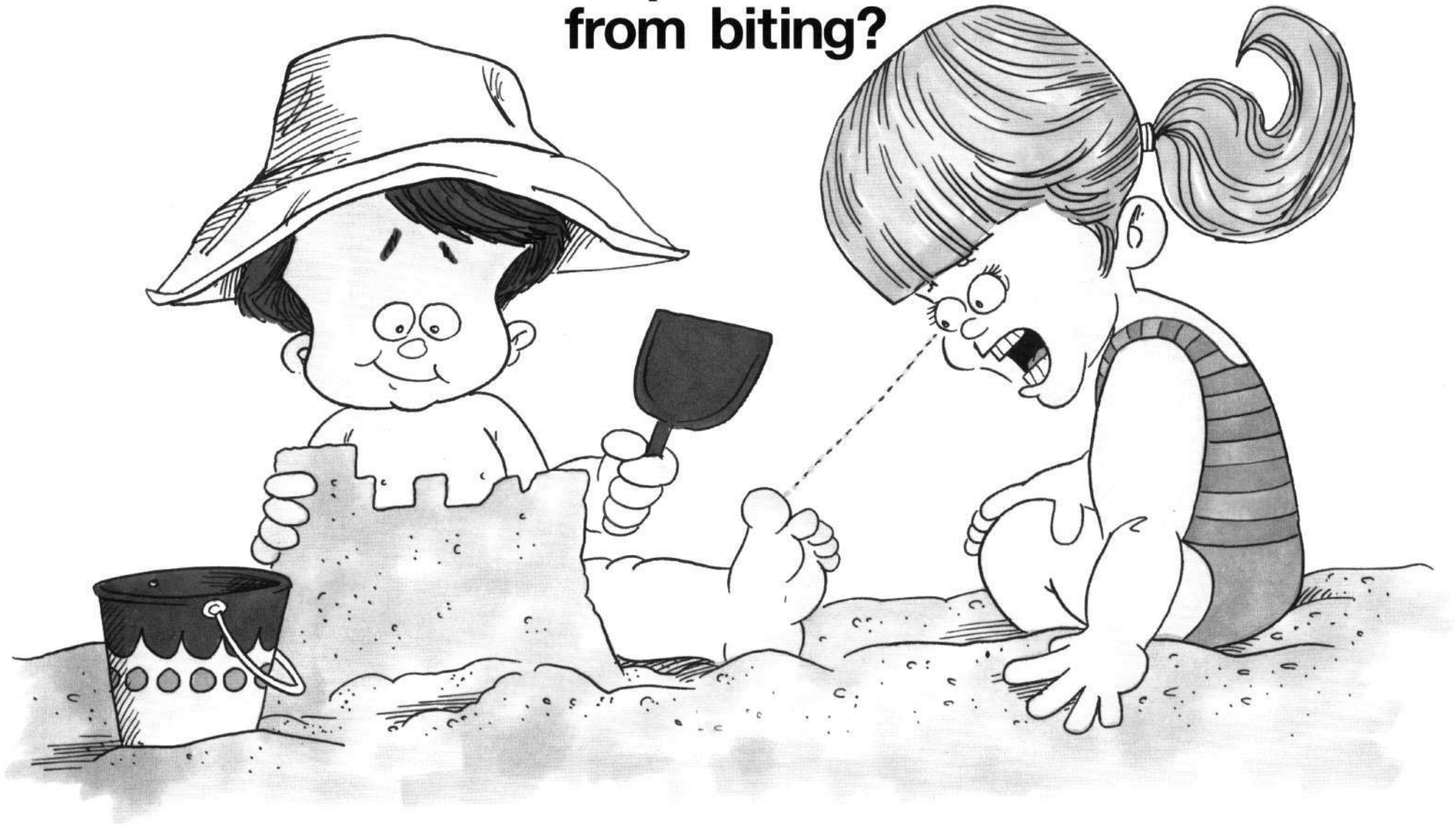
24 to 36 Months

Dressing Self

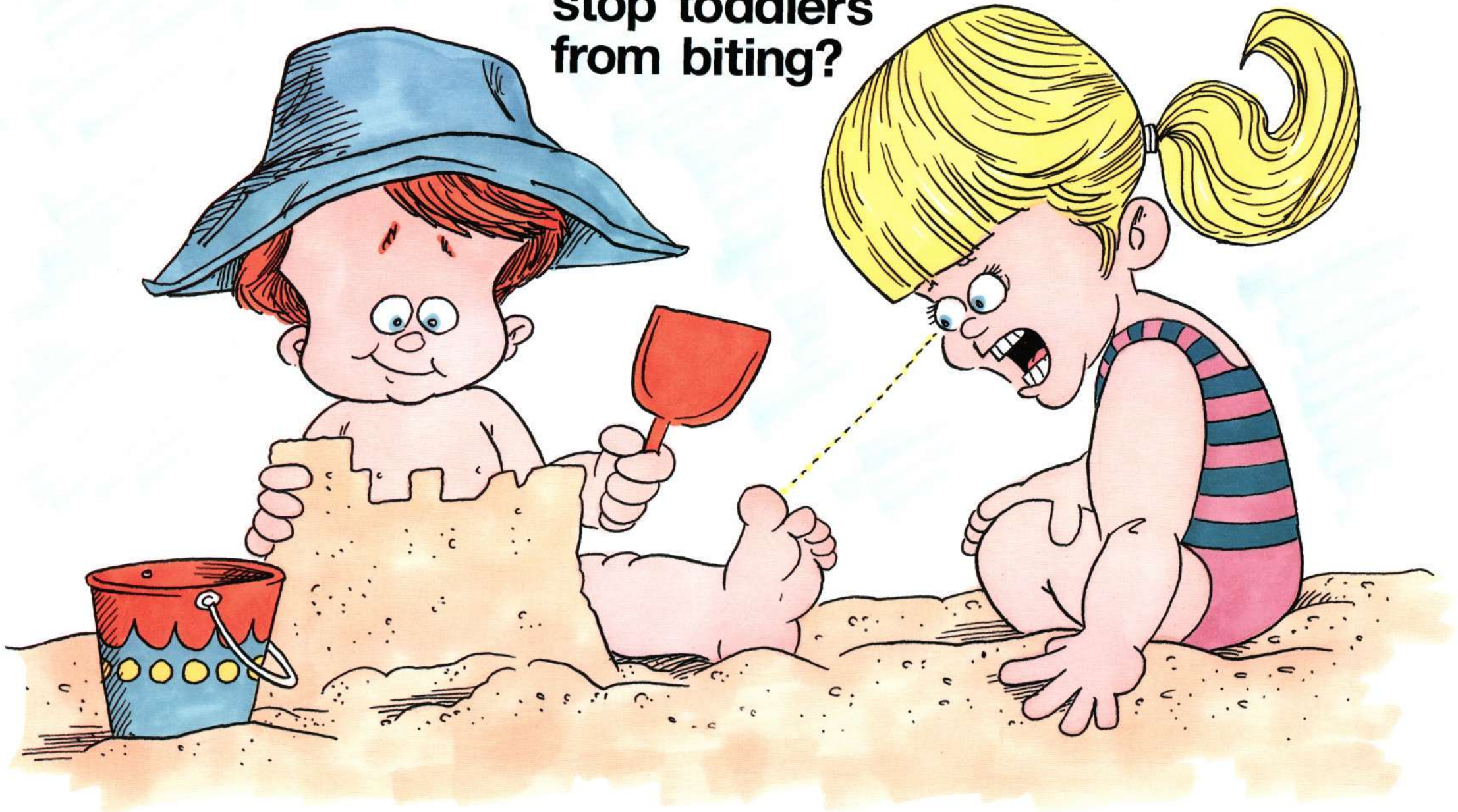
- ♥ This behavior is normal for this age. Your toddler wants to show you that she is growing up.
 - Give her a choice of clothes.
 - Let her do what she can herself. Help her if she needs it.
 - Lay out the piece of clothing the way it should go on so she can start the right way.
 - Tell her what a big girl she is if she does it right.
 - Try not to laugh if she does it wrong.



**How do you
stop toddlers
from biting?**



**How do you
stop toddlers
from biting?**



24 to 36 Months

Biting

♥ How to stop biting.

- Try to figure out what's bothering your child.
- Teach her to use words to show anger.
- Do not bite back. Biting back teaches that biting is OK.

♥ At about 1 year a child might bite because she's

- teething, or
- tired.

♥ At 2 to 2½ toddlers bite sometimes when they're angry.

♥ Don't worry if

- she's usually happy and gets along well.
- she only bites once in a while when she's angry.

♥ When should you worry?

- If she bites a lot.
- If she is usually unhappy.

♥ Some reasons for problem biting:

- The child may be:
 - bossed or spanked too much.
 - not used to being around other children.
 - jealous of a new baby.

How to stop biting.

- ♥ Try to figure out what is bothering your child.
- ♥ Teach her to use words to show anger.
- ♥ Do not bite back.

When should you worry?

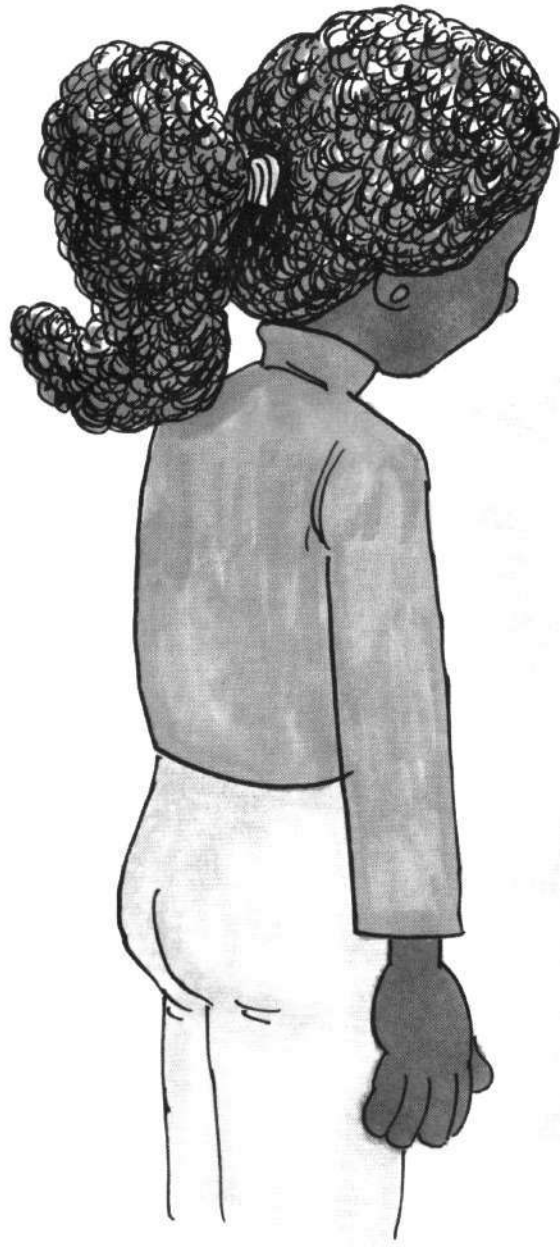
Worry if:

- ♥ she bites a lot, for no reason.
- ♥ she is usually unhappy.

Do not worry if:

- ♥ she is usually happy and gets along well with others.
- ♥ only bites once in a while when she is angry.





M-M-MOM! AN-ANGIE
G-G-GAVE M-ME THIS
B-B-BEAR!



**Some
toddlers
go through
a stuttering
phase.
What can
you do?**



M-M-MOM! AN-ANGIE
G-G-GAVE M-ME THIS
B-B-BEAR!



**Some
toddlers
go through
a stuttering
phase.
What can
you do?**

24 to 36 Months

Stuttering

- ♥ Toddlers stutter because they think faster than they can talk.
- ♥ They learn 10-15 new words a week. Sometimes their ideas get ahead of their words.
- ♥ What can you do?
 - Listen to your child.
 - Allow her to talk at her own speed.
 - Act as if the stuttering is not happening.
- ♥ It will go away by itself when language skills catch up to thinking skills.
- ♥ If it does not go away, ask your doctor about it.

24 to 36 Months

Stuttering

Why do toddlers stutter sometimes?

- ♥ They think faster than they can talk.

What can you do?

- ♥ Listen to your child.
- ♥ Allow her to talk at her own speed; no need to rush her.
- ♥ Act as if the stuttering is not happening.
- ♥ It will go away by itself when language skills catch up to thinking skills.
- ♥ If it does not go away, ask your doctor about it.



**What can you do
about bed wetting?**



**What can you do
about bed wetting?**



24 to 36 Months

Bed Wetting

- ♥ Children do not want to wet the bed. They're not doing it on purpose. It's not unusual for children this age, or even older, to still wet at night.
- ♥ You can do several things to make it easier on the child and yourself.
 - Use a diaper until he can wake up dry.
 - Praise him when he wakes up dry and take him to the potty right away.
 - Use training pants with plastic pants when he starts to wake up dry.
 - Use a waterproof mattress cover.
 - Make sure he doesn't drink too much before bed.
 - Take him to the potty before bed.
 - Relax, keep calm.
 - Don't yell or spank if he wets the bed.

24 to 36 Months

Bed Wetting

- ♥ Use a diaper until he can wake up dry.
- ♥ Praise him when he wakes up dry and take him to the potty right away.
- ♥ Use training pants with plastic pants when he starts to wake up dry.
- ♥ Use a waterproof mattress cover.
- ♥ Make sure he does not drink too much before bed.
- ♥ Take him to the potty before bed.
- ♥ Relax. Keep calm when he wets the bed.
- ♥ Do not yell or spank if he wets the bed.



**Your baby says, “No”
to almost everything
and acts up a lot.
What is happening?**



**Your baby says, “No”
to almost everything
and acts up a lot.
What is happening?**



24 to 36 Months

Twos

♥ Why do twos have tantrums?

- They're more independent.
- They want things their way.
- They want to do things themselves.
- When they can't do what they want, they get frustrated.
 - When the frustration is more than they can handle, they have a tantrum.

♥ Some tantrums at this age are normal. Lots of tantrums can mean there are too many frustrations.

♥ How can you prevent tantrums?

- Help him when he needs it.
- Let him do what he can by himself (like dressing, eating).
- Give choices when you can. Example:
"Do you want this cup or that cup?"
"This shirt or that shirt?"
- Make sure toys are right for his age. If he can't make something work, he might get upset.

♥ What can you do after a tantrum starts?

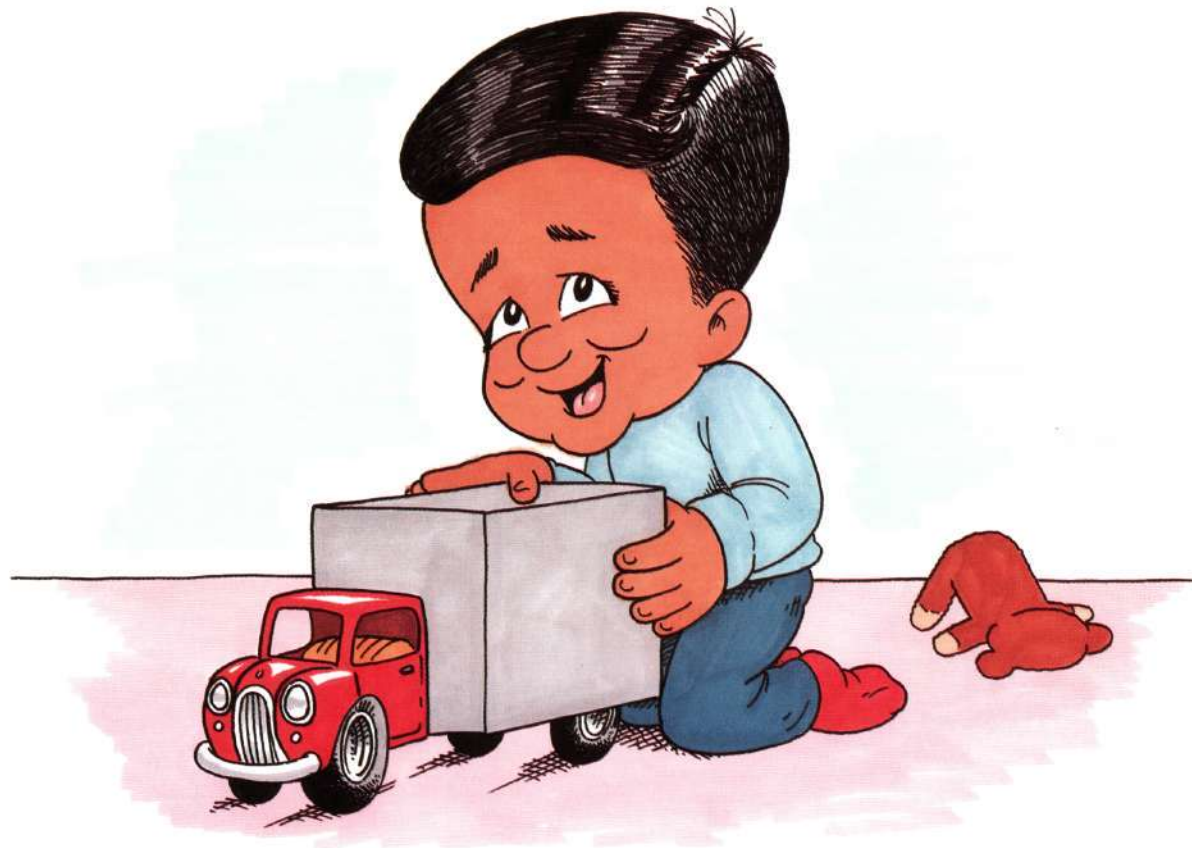
- Ignore it. Walk away (make sure he's safe first).
- In public, take him away from people until he calms down.
- Stay calm.

Why do two-year-olds have tantrums?

- ♥ They are more independent.
- ♥ They want things their way.
- ♥ They want to do things themselves.

How can you prevent tantrums?

- ♥ Help him when he needs it.
- ♥ Let him do what he can by himself.
- ♥ Give choices when you can.
- ♥ Make sure toys are right for his age.





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