

Tips for Keeping Your Child Healthy and Safe

Family Routines

- Visit zoos, museums, and other places that help your child learn.
- Find fun ways to be active together as a family.
- Eat meals together as a family.
- Have quiet routines before bedtime.
- All family members should follow the same rules.

Getting Along With Others

- Give your child chances to play with other toddlers.
- Have 2 of his or her favorite toys or have friends buy the same toys to avoid battles.
- Let your child pick from 2 good choices for snacks, books, or toys.
- Follow daily routines for eating, sleeping, and playing.

Learning to Talk and Communicate

- Give your child extra time to think and answer questions that you ask.
- Listen to your child carefully. Repeat what your child says using correct grammar.
- Limit TV and videos to no more than 1–2 hours each day.
- Be aware of what your child is watching on TV.

Reading To Your Child

- Read books together every day.
- Reading aloud will help your child get ready for preschool. Take your child to the library. Go to story times at libraries and bookstores.
- Your child may ask to read the same book again and again. This is normal.

HEALTHY *and* SAFE at 2½ Years



Toilet Training

- Make toilet-training easier. Dress your child in clothing that you can take off easily.
- Put your child on the toilet every 1–2 hours.
- Praise your child when he or she is successful.
- Help your child relax by reading or singing on the potty.

Keeping Your Child Safe

- Be sure that the car safety seat is correctly installed in the back seat of all vehicles.
- Never leave your child alone inside or outside your home, especially near cars.
- Limit time in the sun. Protect your child with a hat and sunscreen when outside.
- Teach your child to ask if it is OK to pet a dog or other animal before touching it.
- Be sure your child wears a helmet that fits when riding a tricycle. Your child should wear a helmet when riding in a seat on adult bikes too.

Fire Safety

- Install smoke detectors on every level of your home and test them monthly. Use smoke detectors that use long-life batteries. If you use regular batteries, change them every year.
- Make an emergency fire escape plan.
- Watch your child around grills or open fires. Place a barrier around open fires, fire pits, or campfires. Put matches out of sight and reach.

Water Safety

- Always watch your child around water including buckets, play pools, and the toilet. An adult should be within arm's reach at all times when your child is in or near water.
- Empty buckets, play pools, and tubs right after use.
- Check the pools your family uses. They should have fences around all 4 sides with self-closing latches.

Getting Ready For Preschool

- Think about preschool or Head Start for your child.
- Join a playgroup or make play dates for your child.

What to Expect at your Child's 3 Year Visit:

Your child's doctor will talk about -

- Reading and talking
- Rules and good behavior
- Staying active as a family
- Safety inside and outside
- Playing with other children

To Learn More

- **Poison Control Center** 1-800-222-1222
- **Child Safety Seat Inspection** 1-866-SEATCHECK, 1-866-732-8243 or www.seatcheck.org
- **Immunizations** at aap.org/immunization
- **MaineHealth Learning Resource Center** 1-866-609-5183 or <https://mainehealth.org/healthy-communities/learning-resource-center>
- **Barbara Bush Children's Hospital** www.bbch.org
- **American Academy of Pediatrics** healthychildren.org
- **2-1-1 Maine** (a directory of local services) 211 or 1-877-463-6207 or 211maine.org
- **MaineHealth** mainehealth.org