

What's Up? Your Baby's Development

30-Month Visit



Older toddlers are full of personality and energy. They want to know the reason for everything, which is why you may hear your child ask *Why* a lot! *What kinds of questions is your child asking? What is she curious about?*

What Your Baby Can Do

My body helps me do “big kid” stuff now!

- I can pedal a tricycle.
- I can dress myself with your help.
- I can draw a line.
- I can turn a knob or unscrew a cap.

I use language to express my thoughts and feelings.

- By 3 years old, I may use as many as 1,000 words.
- I understand sentences with two or more ideas (*You can have a snack when we get home*).
- I ask questions.
- I know my first and last name.

I am using my new thinking skills to solve problems.

- I can remember what happened yesterday.
- I act out my own stories.
- I'm becoming a “logical thinker.” When I am pretending that it is bedtime for Teddy, I put a blanket on him and sing him a lullaby.

My friends are very important to me.

- I like playing with other children. I may have one or two close friends.
- I notice how people are the same and different—like their skin color and size.
- I'm becoming a “logical thinker.”

What You Can Do

Let your child scribble with markers and crayons. This builds early writing skills.

Give your child chances to practice more advanced physical skills like pedaling and climbing.

Child-proof again so that your child's new ability to open caps and doorknobs doesn't lead to danger.

Introduce new words to build your child's vocabulary:

“Is your snack scrumptious?”

Ask questions that require more than a yes-or-no answer:

“Where do you think the squirrel is taking that nut?”

Be patient with your child's *Why* questions. Ask him what he thinks before you answer.

At dinnertime or before bed, talk with your child about her day. This builds memory and language skills.

Encourage your child to use logic in everyday situations:

It is raining. What do we need to stay dry?”

Help children handle conflicts around conflicts and turn-

taking: “There is only one train. I will put the timer on and you will each have 5 minutes to play with it. While you wait for your turn, you can choose to play with cars or another toy.”

Help your child be sensitive to differences among people:

“Yes, people do come in all sizes.”

As you use the HealthySteps handouts, remember that your child may develop skills faster or slower than indicated and still be growing just fine. Every child develops at her own pace—and your HealthySteps Specialist will be available to answer any questions you may have. Your family's cultural beliefs and values are also important factors that shape your child's development.



30–36 Months: What's on Your Mind

My 33-month-old son has such an imagination. He wants me to call him "King Diego" and he spends all his time building castles with his blocks. Should I be worried?

Playing pretend is very common for older toddlers and preschoolers, which is a really good thing. Why? Because using their imaginations helps young children develop their thinking, language, and social skills as they talk and think through how their story should unfold. By taking on different roles, your son is also learning to see the world from another person's point of view. By acting out stories, he is learning how to solve problems like how to build the block castle so it won't fall down. Long story short, there is no need to worry, and there are actually many reasons to celebrate King Diego. So take a moment to get down on the floor with your son and ask what part you can act out—Queen? Soldier? Horse? You'll be having fun together and helping your son learn at the same time.

Did you know...

There is no evidence that screen-based learning apps or shows enhance child learning or development.¹

What You Can Do:

Make time for play. Encourage brothers, sisters, and cousins to play together. Organize play-dates with friends. Join a parenting group or attend community events such as library story hours.

Give nonverbal feedback. Give your child an encouraging smile when she is unsure about sharing.

Notice positive behavior. "You two figured out how to share the trains!"

Help children understand others' feelings. "Marco is covering his face. He doesn't like it when you throw the ball so hard. Let's roll it gently instead."

Encourage children to problem solve. "You both want the tricycle. What can we do about this?"

Suggest problem-solving strategies. "How about while Janelle has a turn on the tricycle, you pretend to be the traffic light and say 'stop' and 'go'?" Then you two can switch. "

What can you do to help your child learn to be a good friend?

Spotlight on Making Friends

Between 30 and 36 months old, toddlers really enjoy playing with friends—doing things like acting out stories, building together with blocks, or exploring the playground.

Friendships are great fun. They also help children develop important social skills such as taking turns, sharing, and helping others.² Through friendships, children learn to communicate with others, resolve disagreements, and understand others' thoughts and feelings.³ Children who are friendly, confident, and can cooperate with others are most likely to succeed in a classroom setting.

Keep in mind that brothers and sisters are often a child's first friends, even though it may not seem like it some days! Sibling relationships provide daily practice with sharing and cooperating. They also offer children opportunities to show compassion and loving support.

What It Means for You:

Young children are influenced by what they see on television. Limit your child's screen time, watch *with him* when you can, and try to avoid shows with advertisements. Make sure that what he does watch is right for his age. Most important, keep the whole family active by making time for active play every day.

At this visit the pediatric team will measure your baby's length, weight, and head. They'll listen to your baby's heart and look at his eyes, ears, nose, and mouth. Your baby will receive any needed immunizations. We will talk about your baby's development and routines like sleeping and eating. We'll also review safety guidelines. And, of course, we'll make time to discuss any questions or concerns you might have!

1. Lerner, C. (2014). *Screen sense: Setting the record straight* <https://www.zerotothree.org/resources/series/screen-sense-setting-the-record-straight>

2. <https://www.healthychildren.org/English/family-life/work-play/Pages/What-Parents-Can-Do-to-Support-Friendships.aspx>

3. Ibid.