

# 1 1/2 TO 2 YEARS



My photo  
at 2 years.

## HELP ME BE HEALTHY...

### *At this checkup:*

- I will be weighed and measured.
- I will be tested to find out how well I hear and see.
- You may be asked to describe how I play and what I like to do.
- You may be asked to describe what I eat and how much food I eat. Some doctors suggest that a cholesterol screening be done now. What does my doctor think?
- You may be asked to complete an "Ages and Stages Questionnaire" to help determine if there are any developmental concerns.

## I KNOW YOU ARE GETTING TIRED OF CHANGING MY DIAPERS...

You would really like me to use the toilet. Do not rush me. It will be easier to teach me how to use the toilet if you wait until I can tell you that I am wet. Read toilet-learning books to me. Teach me to dress myself and how to wash my hands. These steps are all a part of learning how to use the toilet.

## PLAY WITH ME. IT HELPS ME LEARN!

- Play dress-up and telephone with me. Help me pretend.
- Say nursery rhymes and sing songs with me.
- Help me put puzzles together and build with shoe boxes.
- Let me play in front of a mirror.
- Show me how to use things we have around the house. Let me use a broom or mixing spoon.
- Take me on walks and let me look, listen and touch.
- Find a playmate for me. Have another child come over or take me to a community play group. This way, I can learn to play with other children.
- Offer me choices. I can tell you if I want to wear red or blue today or if I want a banana or cracker.
- Play with a pan of water or sand so I can pour, scoop and dig.
- Point at different objects and tell me the color of the object. I will soon be able to tell you what color they are.
- Play some music so we can dance.
- Talk with me before I go to bed. Let's talk about what happened today and what is going to happen tomorrow.

You can see what I am able to do from the "WATCH FOR ME TO..." lists. I may do some earlier and some later. If you are concerned, you could talk to my doctor, nurse or contact our tiny-k office for a free developmental screening. You can find that number at <http://tiny-k.org/>.

If I have been sick a great deal or my doctor has explained a reason for me to take longer to do items on these lists, understand that I will learn the skills. I will probably learn them in the order that they are listed on this calendar, just at an older age.

## WATCH FOR ME TO...

- Use a fork or spoon when I eat. I can get most of the food in my mouth.
- Undress myself and take off my jacket, pants and shirt.
- Pretend to do things. I will try to feed a doll or my stuffed animals using a bottle or spoon.
- Run.
- Make a tower of four blocks.
- Point to the picture in a book if you ask me to find something. For example, "Show me the dog."
- Use at least six different words.
- Point to two different body parts when you ask me where they are. For example, "Where is your mouth?"
- Walk up the stairs all by myself! I will have to hold on to the wall or railing.
- Kick a ball forward.

## HOW I AM GROWING...

My Length: \_\_\_\_\_

My Weight: \_\_\_\_\_

Sleeping Habits: \_\_\_\_\_

New Skills & Talents: \_\_\_\_\_

Favorite Things & Activities: \_\_\_\_\_

## HELP ME BE SAFE...

**My house may be safe for me, but what happens when we go visiting?**

Keep me in your sight so I do not get into any safety problems.  
Take some toys with me so I do not have to go exploring.

**If someone comes to visit us, put the visitor's pocketbook or bag in a place where I cannot reach it.** There could be some pills or other things in there that I should not have.

**Are there any doors that I could lock?** Could I get locked in the bathroom? Is there a way that you could get me out? An outside lock release on the bathroom door would solve that problem.

## HELP ME FEEL GOOD ABOUT MYSELF...

Here are some ideas:

- I will copy your words. Use only words that you want me to say.
- I like to be told when I have done a good job.
- Hug me, cuddle me and tell me that you love me.
- Thank me if I have been helpful.
- Tell me what to do, rather than what not to do.
- Listen to what I have to say and answer my questions.
- Tell me how well I am doing when I am doing what you want me to do. For example, when I cover my mouth when I cough, say, "I am glad you covered your mouth when you coughed."