

Now I am 2 (2-3 years)



What I need

Some tips for caring for your toddler.

<p>Sleep and settling</p>	<p>Your toddler may still wake during the night and need comforting</p> <ul style="list-style-type: none"> > Keep a regular bedtime routine. You could include things like a bath, a drink, teeth cleaning, cuddle, story, or song and a kiss goodnight > One sign that your toddler is ready to move from a cot to a bed is when they can climb out of their cot > Moving to a bed is a big change – involve your toddler in the shift and give them time to get used to it
<p>Feeding</p>	<p>Toddlers can be fussy with food as they become more independent – this is normal. They are also growing more slowly so may not need to eat as much</p> <ul style="list-style-type: none"> > Set a good example and keep offering healthy foods from all the food groups > Pack healthy snacks like fruit and vegetables, sandwiches, cheese and crackers for childcare or when you are on the go. Give toddlers healthy foods they like to eat > Stay with your toddler while they eat, and follow safe eating guidelines to prevent choking. Visit www.cyh.com and look up <i>choking</i>
<p>Safety</p>	<p>Keep your home environment safe</p> <ul style="list-style-type: none"> > Supervise young children around water to prevent drowning. Empty baths and fence back yard pools > Keep all medicines and household chemicals (e.g. for cleaning) up high and out of reach in a locked cupboard > Protect your toddler from burns and scalds from things like hot water, hot drinks and the sun. As they become mobile they are at risk of injury from heaters and stoves. Keep hot things out of reach > In the event of an accidental poisoning, call the Poisons Information Centre on 13 11 26 > Keep babies and toddlers away from dogs. Supervise all children around dogs > Keep your home and car smoke free. For help to quit smoking call the Quitline on 137 848 <p>For more information go to www.kidsafe.com.au or call 08 8161 6318</p>

<p>Teeth</p>	<p>Sugary food and drinks can cause tooth decay</p> <ul style="list-style-type: none"> > Choose snacks and drinks that are low in sugar. Fruit and water are healthy choices. Tap water and milk are the best drinks for healthy teeth > Brush teeth twice a day – after breakfast and before going to bed at night. From 18 months to 5 years, use low fluoride children’s toothpaste > Lift your toddler’s top lip once a month to check for early signs of tooth decay. White lines along the gum line can be the beginning of decay > Your toddler can attend the School Dental Service or visit a private dentist for a check up <p>For more information go to www.sadental.sa.gov.au or call 08 8222 8222</p>
<p>You and your toddler</p>	<p>Toddlers are full of energy and love exploring their world</p> <ul style="list-style-type: none"> > Your toddler may show they are ready to be toilet trained. Be patient with accidents as they learn > Toddlers like to be busy, include them in household activities > Toddlers need direction, give choices, set limits and be consistent > Toddlers are learning to manage their feelings and may have tantrums. You can help them by recognising what may start a tantrum e.g. frustration > Spend time with your partner when you can. Take some time out for yourself > If you are a Dad or another special person for your child, try to spend time with them. If you are a first time carer, be patient with yourself as you learn <p>For further information visit www.cyh.com or phone the Parent Helpline 1300 364 100</p>
<p>Immunisation</p>	<p>Make sure your child is fully immunised</p> <ul style="list-style-type: none"> > Extra immunisations may be needed for children with specific medical conditions. Talk with your immunisation provider > To check your child’s immunisation history, talk to your immunisation provider or phone the Australian Childhood Immunisation Register on 1800 653 809 > For general information call the Immunisation Section SA Health 08 8226 7177 or Parent Helpline 1300 364 100. Visit www.immunise.health.gov.au and/or www.ncirs.edu.au

Help me grow and learn

Children develop at different rates.

Use this checklist to keep track of your toddler's development. If you are concerned seek help.

Now I am 2	Age first noticed
I am learning to talk and can	
Use a crayon to draw with by 2 years	
Let you know what I need e.g. when I am hungry	
Use 3 to 4 word sentences by 3 years	
Enjoy telling stories and reading favourite books	
Be understood by my family by 3 years	
I am moving and can	
Kick and throw a ball by 3 years	
Jump and walk up stairs one foot at a time by 3 years	
Stand on one foot for a short time without holding on by 3 years	
I am learning to see and can	
Identify objects in the distance	
Point to objects in a book by 2 years	
Match colours and everyday objects e.g. matching shoes by 3 years	

Now I am 2 (2-3 years)

I am learning to use my hands and can	
Draw a straight line by 2 years	
Thread e.g. beads, shoe laces	
Draw circles by 2 ½ years	
Hold my pencil with my finger and thumb by 3 years	
I am learning to work things out and can	
Find something that I want by 3 years	
Line up 4 objects in a row when I watch you do it by 3 years	
Repeat 1 or 2 numbers in the correct order by 2 years	
I am learning to be sociable and can	
Feed myself with a fork	
Put on my t-shirt	
Know that I am a boy or a girl	
Take turns	
Follow simple instructions such as 'bring me your cup'	
Use my imagination and like dressing up	
Sometimes share with others	

How to help me grow and learn

Your toddler learns best if you spend time and play with them. Here are some ways you can do this.

- > Stay close to me when I am eating to keep me safe
- > Remember I learn more through play than watching the TV or a DVD
- > Read with me
- > Play active games with me e.g. throw the ball with me
- > Walk with me
- > Help to explore, encourage my efforts, enjoy with me
- > Draw with me
- > Help me practice reading
- > Take me out to play with other children e.g. friends/playgroup
- > Take me on an outing e.g. playground, library
- > Enrol me in preschool
- > If you are a Dad or another special person, try to spend time with me

When to seek help

If you are concerned about anything on the *Help me grow and learn* checklist or notice any of the below, see a child and family health nurse or doctor.

If your child is

- > Not using 3 to 4 word sentences by 3 years
- > Not speaking clearly or able to be understood by most people by 3 years
- > Unable to match everyday objects and colours by 3 years
- > Unable to jump, kick or throw a ball by 3 years
- > Not relating well to others by 2 years

A child and family health nurse or doctor can listen, reassure or provide referrals to services that can help your child.

More detailed information is available on www.cyh.com or call the Parent Helpline 1300 364 100

