



## TWO-AND-A-HALF YEAR VISIT Anticipatory Guidance

### Safety

- **Car Seat Safety.** Make sure your child's car seat is rear facing until he reaches the highest weight or height allowed by the manufacturer. Once she reaches these limits, it is time to switch the seat to forward facing. Read more about car seat safety at [healthychildren.org](http://healthychildren.org) and the [CDC](http://cdc.gov).
- Never leave your child alone in your home or yard, especially near cars or machinery, without a responsible adult in charge.
- Have your child wear a helmet that fits properly when riding bikes and trikes.
- Keep your child within arm's reach when she is near water.
- When you go outside, put a hat on your child, have her wear sun protection clothing and apply sunscreen. Limit time outside when the sun is the strongest (11am-3pm).
- Have working smoke and carbon monoxide alarms on every floor.

### Language Development

- Read books together every day. Reading aloud will help your child get ready for preschool.
- Take your child to the library and story times.
- Listen to your child carefully and repeat what she says using correct grammar.
- Give your child extra time to answer questions.
- Be patient. Your child may ask to read the same book again and again.

### Routines

- Enjoy meals together as a family and always include your child.
- Have quiet evening and bedtime routines.
- Visit zoos, museums, and other places that help your child learn.
- Be active together as a family.
- Stay in touch with your friends. Do things outside your family.
- Make sure you agree within your family on how to support your child's growing independence, while maintaining consistent limits.

### Social Skills

- Give your child the chance to play with other toddlers. Supervise closely because your child may not be ready to share or play cooperatively.
- Give your child choices between two items when possible.
- Limit TV, tablet, or smartphone use to no more than 1 hour of high-quality programs each day. Be aware of what your child is watching.
- Consider making a family media plan. Make rules for media use and balance screen time with other activities, including exercise.

## Getting ready for Preschool!

- Think about a preschool or group child care for your child.
- Join a playgroup or make playdates.
- Make toilet training easier
  - Dress your child in clothing that can easily be removed.
  - Place your child on the toilet every 1 to 2 hours.
  - Praise your child when she is successful.
  - Try to develop a potty routine.
  - Create a relaxed environment by reading or singing on the potty.

## Next Well Check: 3 years of age

This is general guidance. Please speak with us directly about specific concerns for your child. Well checks are an important time to review growth, development, and what to expect over the next few months with your toddler.