Your Talking Child
• Talk about and describe pictures in books and the things you see and hear together.
• Parent-child play, where the child leads, is the best way to help toddlers learn to talk.
• Read to your child every day.
• Your child may love hearing the same story over and over.
• Ask your child to point to things as you read.
• Stop a story to let your child make an animal sound or finish a part of the story.
• Use correct language; be a good model for your child.
• Talk slowly and remember that it may take a while for your child to respond.
• Everyone should wear a seat belt in the car. Do not start the vehicle until everyone is buckled up.
• Never leave your child alone in your home or yard, especially near cars, without a mature adult in charge.
• When backing out of the garage or driving in the driveway, have another adult hold your child a safe distance away so he is not run over.
• Keep your child away from moving machines, lawn mowers, streets, moving garage doors, and driveways.
• Have your child wear a good-fitting helmet on bikes and trikes.
• Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.

Your Child and TV
• It is better for toddlers to play than watch TV.
• Limit TV to 1–2 hours or less each day.
• Watch TV together and discuss what you see and think.
• Be careful about the programs and advertising your young child sees.
• Do other activities with your child such as reading, playing games, and singing.
• Be active together as a family. Make sure your child is active at home, at child care, and with sitters.

Toilet Training
• Signs of being ready for toilet training
  • Dry for 2 hours
  • Knows if she is wet or dry
  • Can pull pants down and up
  • Wants to learn
  • Can tell you if she is going to have a bowel movement
  • Plan for toilet breaks often. Children use the toilet as many as 10 times each day.
  • Help your child wash her hands after toileting and diaper changes and before meals.
  • Clean potty chairs after every use.
  • Teach your child to cough or sneeze into her shoulder. Use a tissue to wipe her nose.
  • Take the child to choose underwear when she feels ready to do so.

How Your Child Behaves
• Praise your child for behaving well.
• It is normal for your child to protest being away from you or meeting new people.
• Listen to your child and treat him with respect. Expect others to as well.
• Play with your child each day, joining in things the child likes to do.
• Hug and hold your child often.
• Give your child choices between 2 good things in snacks, books, or toys.
• Help your child express his feelings and name them.
• Help your child play with other children, but do not expect sharing.
• Never make fun of the child’s fears or allow others to scare your child.
• Watch how your child responds to new people or situations.

What to Expect at Your Child’s 2 1/2 Year Visit
We will talk about
• Your talking child
• Getting ready for preschool
• Family activities
• Home and car safety
• Getting along with other children

Poison Help: 1-800-222-1222
Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org

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