

Simple things make all the difference

There are many simple things you do every day that help your child learn and grow.

The chart inside shows the many ways young children grow and develop. It also shows what you and your child's other caregivers can do to encourage learning and healthy development. Hang it where you can look at it often.

Find your child's age at the top of the chart and then look at the pictures below. See what many children are learning or doing at the same age. Watch as your child's skills build over time. Find some simple ideas for play with your child that can help him or her learn and grow in many different ways.



Questions or concerns?

Every child grows at his or her own pace. However, loss of any language or social skill at any age is reason for concern.

If you have questions or concerns about your child's development, talk with his or her doctor or nurse. You can also call the Family Health Hotline at 1-800-322-2588 (711 TTY relay) for the name of a Family Resources Coordinator. They can help arrange for a free developmental screening and further services if needed.



With generous support from:



WithinReach

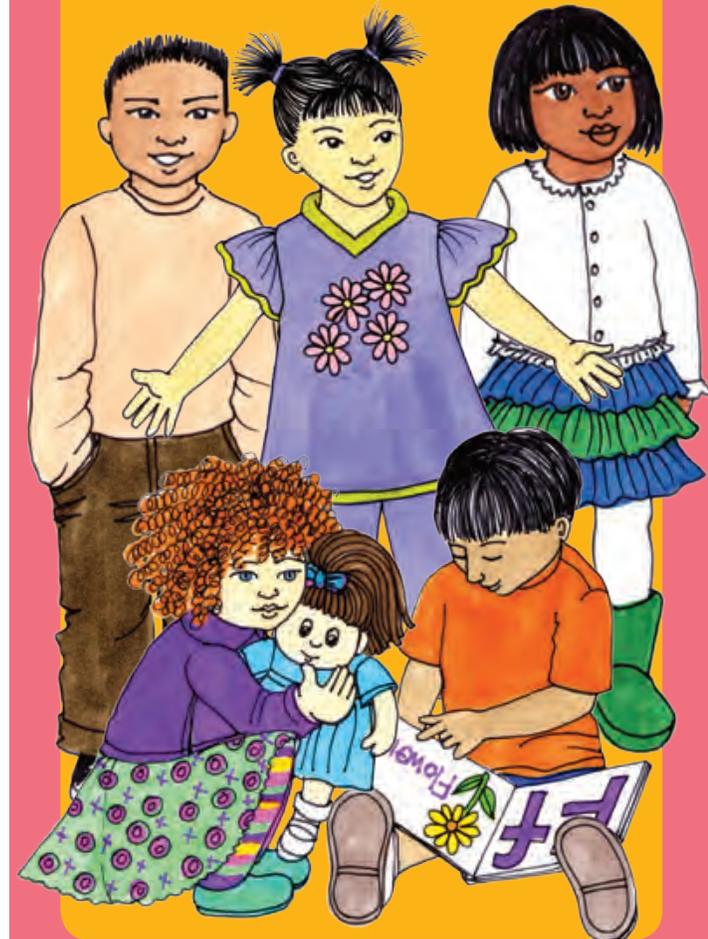
WithinReach Family Health Hotline
1-800-322-2588 (711 TTY relay)
or www.ParentHelp123.org



Child Profile is a program of the Washington State Department of Health.

If you have a disability and need this document in another format, please call 1-800-322-2588 (711 TTY relay).

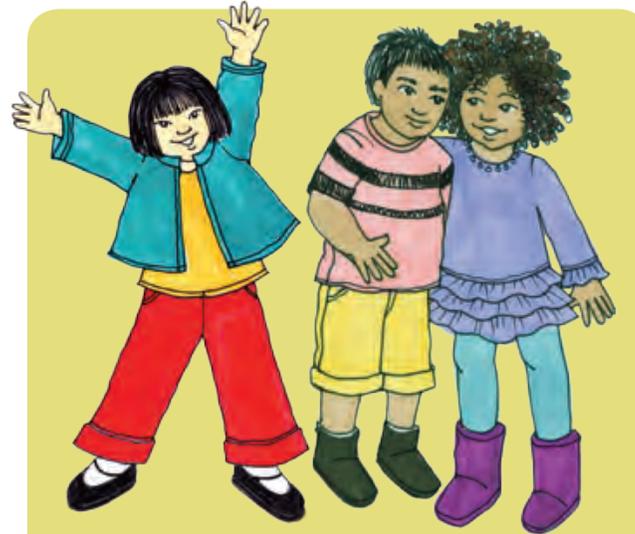
Watch & help me
grow
1½ to 3 years



Keep me safe and healthy while I'm learning and growing.



Your child's overall physical and emotional health is important to learning and development. When your child is healthy and physically fit, he or she has the energy to learn and play. Your child will develop the self-confidence needed to learn and be successful in the world when your child knows that he or she is surrounded by loving, caring people.



- ★ Make sure I am buckled up correctly in my car seat on every ride. Back seat is best.
- ★ Stay within reach whenever we are around water, and put a life jacket on me, even if I have had swimming lessons.
- ★ Keep furniture away from windows so that I can't climb up and fall out. Attach tall or heavy furniture, such as dressers or TV cabinets, to the wall.
- ★ Don't let me play with anything that is small enough to fit in a toilet paper tube. I could choke.
- ★ I should not be near the stove, oven, or microwave when food is being cooked. Put hot things out of my reach so I don't grab them and get burned.
- ★ Put the number for the Washington Poison Center (1-800-222-1222) near the phone so you can call it if I swallow something that can hurt me.



- ★ Take me for regular well-child checkups. It's best for me to see the same doctor or nurse so they get to know us. Talk with them about how I'm learning and growing.
- ★ At every visit to the doctor or nurse, ask if I need any immunizations.
- ★ Brush my teeth after breakfast and before bed. Take me to the dentist at least once a year.
- ★ Offer me a variety of healthy foods and make sure I get to play and be physically active every day.
- ★ Until I am two, it's best that I not watch TV or videos or play on computers. Once I turn two, my "screen time" should be limited to no more than one to two hours a day of educational shows or games.

Watch and help me grow!

How I learn and grow depends on both who I am and what I experience. Everything I learn, do, and feel is connected.

1½ to 2 Years

PHYSICAL HEALTH

I grow and learn best when my body is healthy. Make sure I have a safe place to play, both indoors and outside.

I can build and stack.



I like to build things up and knock them down.

2 to 2½ Years

I use my fingers to create.



Give me paper, paints, crayons, and clay.

2½ to 3 Years

I climb, throw, run, and jump.



Play outside with me. We can have fun together.

SOCIAL EMOTIONAL

I need people to love me and understand my feelings. Help me learn about emotions by naming my feelings and talking to me about them.

I show strong feelings.



Please stay close when I'm upset. It helps me when you are calm.

I am becoming independent.



Let me try things on my own. Stay nearby to help when I want you to.

I enjoy other children.



Give us toys we can each play with. We are learning to share.

I WANT TO LEARN

I am curious and want to learn about everything. Talk and play with me every day. Help me explore the world around me.

I enjoy going places.



Take me places where I can explore new things.

I ask about things.



Answer when I ask, "What's that?" I learn when you talk with me.

I play make believe.



I love to pretend. Give me things I can use to play dress up.

THINGS I KNOW

I learn from the people and the world around me by touching, tasting, seeing, smelling, and hearing. Give me plenty of "hands on" experiences.

I recognize pictures.



Read me stories over and over. I can point to things I know.

I learn from experience.



Talk to me about what we need and why. "It's cold, so we need a coat."

I am learning to match.



Let me help you sort the laundry by color.

LANGUAGE

I learn to communicate when you talk, read, and play with me. Talk with me about all the things we do throughout the day.

I enjoy learning new words.



Tell me the words for what we see and do.

I can put words together.



Give me choices and let me answer you. Help me say what I want.

I can follow directions.



Give me simple steps. "Please get the book and bring it to me."