24-36 Months
More and more they are becoming their own person

See What Your Child Sees
They want to learn new things from you.

• Your child will act like you - make sure they see the “calm, happy you.”
• Help them understand the things they see and places they go.
• Model the kind of person you want them to become.
• Don’t let your phone, TV or computer steal your attention away – your child needs it.

Back-and-Forth
Have fun during the “magic of every day moments.”

• Listen and talk back: use new words, add details.
• Let them pick out their favorite books:
  - Re-reading the same book over and over helps them learn.
  - Ask questions, describe pictures, ask them about the story.
• Meltdowns mean something:
  - Try to understand what they are saying with their emotions.
  - Help them calm down and use words.
  - Ask if they need a hug.
  - Holding, hugging and touching during tantrums can soothe them.
  - Talk quietly face to face afterward to reconnect.

Good4Growth.org
Play! Explore! Learn!
Your child is starting to understand their world.

• Offer new things they can see, hear, smell, taste and touch.
• Let them pick out their clothes - it teaches how to make decisions and how to be in control.
• Play games that help them run, jump, climb, kick, hop and roll.
• Encourage free play time like coloring, painting, playdough and building things - it allows your child to be creative.
• Try a simple jigsaw puzzle - it teaches how to solve problems.
• Get outside - a park, the woods or a playground.
• Watch how they play: first alone, then along side others and finally together.

Routines
They will be happy if they know what is coming next in the day.

• They still need to sleep 12-14 hours per day.
• A nap or quiet time every day lets them recharge.
• Keep giving them small portions of foods with new textures, flavors, colors.
• Don't fight about food and don't use bribes or rewards.
• Eat together as a family and talk about the day.
• Bedtime routines become helpful habits.

By age 3, your child is moving constantly, can easily climb stairs, ride a tricycle, use words to tell you what they want, wash hands, eat, brush teeth, get dressed or undressed, all without your help.

Resources:
• Good4Growth.org - practical tools and tips to help create healthier, smarter kids
• HealthyChildren.org - parent resources from the American Academy of Pediatrics
• Zerotothree.org - resources focused on advancing the healthy development of babies and young children