

# My Child

## at 2 1/2 years



### Toddler Shots

I may not need shots if I've had the following:

- DTaP - 4 doses
- Polio - 3 doses
- MMR (measles, mumps, rubella) - 1 dose
- Hib - 4 doses
- Varicella (chickenpox) - 1 dose
- Hepatitis A - 2 doses
- Pneumococcal - 4 doses
- Flu—2 doses



If I'm missing any of these shots, please call my health care provider or the Health Department (1-800-432-4121) to make an appointment.

### Show me love by . . .

- Giving me a safe place to practice jumping!
- Offering me choices whenever possible.
- Encouraging me to help with simple chores at home like sweeping and making dinner.
- Taking me for walks and pointing out objects.
- Spending time praising my positive behaviors, while also teaching me the rules of good behavior.
- Help me say words correctly. If I say "babloon," say, "That's right, *balloon*."
- Encourage me to say my words when I want something rather than pointing to it.
- Kick a ball with me.
- Hide toys around my room then let me find them.

### Keep me safe...and please...

- Teach your child to use caution when approaching dogs.
- Ensure that guns are kept in a locked area and ammunition is stored separately.
- Keep matches and lighter's out of your child's reach.
- Keep my bedtime routines consistent.
- Read to me at night. I love books!

### By 2 1/2 years...

Your child may be having tantrums. Teach your child that they don't work and that you won't change your mind because of them. Use time-outs (1 minute per year) and praise your child for cooperating.

### Watch me grow! I can . . .

- Grow 5 inches between 1 and 2 1/2 years old!
- Gain about 5 pounds between 1 and 2. 1/2 years.

### What I need . . .

- To be offered healthy foods at snack and meal times.
- 4 milk/cheese servings daily: 1/2 cup low-fat milk, 1/2 slice cheese, 1/2 cup yogurt.
- 2 fruit and 2 vegetable servings a day. (One serving is equal to 1/2 cup of vegetables or 1/2 piece of fruit including:
  - At least 1 vitamin C food everyday: (orange, berries, kiwi, broccoli, spinach, peppers, or up to 4 oz. orange juice or other WIC juice.
- 2 protein servings daily; 1 ounce cooked meat, fish, chicken, 1 egg or 1 tablespoon of peanut butter, spread on bread, crackers, or fruit.
- 6 grain servings a day (serving size is 1/2 slice of bread, 1/2 cup cold cereal, or 2-3 crackers). Half my grains should be whole grains.
- To have new foods introduced when I'm hungry.
- To eat every 2-3 hours.

### Don't forget . . . I can

- Say "NO!" whenever I get the chance.
- Show more and more independence.
- Tell you names of familiar people and body parts.
- Repeat words overheard in conversation.

### You can take care of my oral health by...

- Helping me brush my teeth and gums twice a day with a soft-bristled toothbrush and a smear of fluoridated toothpaste.
- Calling to schedule my dental cleaning.

## Exploring my world . . . I can

- Jump!
- Draw lines and circles with a crayon.
- Name pictures like dog, cat, bird, when you point to them.
- Copy others, especially adults and older kids.
- Play simple make-believe games.
- Build towers of 4 or more blocks.
- Climb onto and down from furniture without help.
- Feel like I'm too busy to eat.
- Sleep 8-12 hours a night.

## Hey! CHECK ME OUT!

### Have you seen me . . .

- ✓ Wash and dry my hands
- ✓ Imitate drawing a straight line
- ✓ Name 3 pictures (cat, dog, bird)
- ✓ Have speech you can understand
- ✓ Balance on one foot (I'm just starting to)



## The Path to Reading...

2 1/2 years

### You can:

- ★ **Build and play** with your child. Stack food boxes, containers or toy blocks. This helps your child develop fine motor skills in their eyes and hands which will help with reading later on.
- ★ **Listen to music.** Trips in the car can be stressful. Start playing a song or story and let your child listen while she rides. Make comments or sing along yourself.
- ★ **Play with instruments.** Children love to make noise. Let your child use spoons, pots and pans, or plastic tubs to bang on. Hearing and understanding sounds is part of reading.

**Book Corner:** Children enjoy hearing the same words and rhymes over and over. Find books with simple rhymes or words and sentences that are repeated.

## Check out these websites and apps for FREE info!



Free Baby Care App:  
(Google Play)



WIC Website for Feeding Information  
[www.michigan.gov](http://www.michigan.gov)



Your Child—General Health information:  
<http://www.med.umich.edu/yourchild/index.htm>



WebMD Baby App:  
<http://www.webmd.com/webmdbabyapp>



**POISON CONTROL**  
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7 days a week

**1-800-222-1222**



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- (1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights  
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