



Health, Activity,
Nutrition, Development,
Safety, Together

For Further Information, consult the book *Parent-Child Interaction* for

My Development 24-36 Months

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Langley Early Child
Development
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By thirty-six months...

Things I like...

Things we can do together

Health

Development

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By thirty-six months, I can...

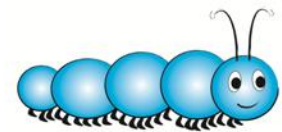
- Stand on one foot for a short period of time
- Jump with both feet
- Say three to five word sentences
- Imitate drawing lines and circles
- Talk in a way that others understand
- Understand simple directions
- Help dress and undress myself
- Walk up and down stairs
- Thread a shoelace through a small hole
- Complete shape sorters and puzzles
- Feed myself with little spilling
- Pretend to feed a doll or stuffed animal



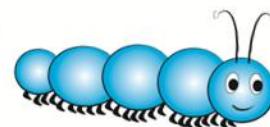
Things I like...

- It's fun to thread a short shoelace (6"/15 cm) through tube shaped pasta or cheerios
- I like to put things together. Give me blocks, shape sorters and puzzles to play with
- Show me how to use paper, crayons, glue and paint
- It's fun to kick and throw balls of all sizes
- I like to practice using my fingers by playing with buttons, zippers, lids, knobs.
- I'm starting to play make-believe games like dress-up and cooking in the play kitchen
- I love to play and dance to music
- I like to explore different textures. Let me play with water, sand and play dough
- I enjoy being around other children my age
- I am curious about everything around me give me safe cupboards and drawers to explore.

Things we can do together...



- Sitting together at meal time is important. Turning off the television gives us time to talk.
- Toilet training will be easier if you learn my signs of readiness.
- I like to "do it" myself. Be patient, let me help and give me choices throughout the day.
- Play with me so that I will learn to play with children my age.
- Read with me. I like to turn the pages of the book.
- Talking with me throughout the day about what we see and do helps me learn
- Songs, rhymes and finger plays can turn daily routines into fun
- I feel good when I can lead our play. It's fun when you join me on the floor.



Nutrition

- I can use a spoon, fork and can drink from a cup. I will be messy, so be prepared!
- I need regular meal times as well as a variety of healthy snacks morning, afternoon and before bedtime.
- You decide what food is served and when. The amount I eat can change from day to day so I decide if I will eat and how much.
- I learn about healthy food choices and table manners by watching you eat.
- I can now have 1%, 2% homogenized cow's milk or soy milk. If I have more than 2-3 cups per day, I may be too full for meals.
- I might only want to eat the same foods every day. Continue to offer me new foods with my favorites.

Health

- I am curious about my body. It is normal for me to touch myself.
- Take me to an eye doctor for a check up before I am three.
- I still need you to brush my teeth using a pea sized amount of fluoridated toothpaste two times a day.
- Remember to take me to the Dentist for regular check ups
- If people don't understand my words, have my hearing and speech checked.
- Healthy foods, 12 hours sleep and fresh air every day will give me energy to grow and play.
- I need active play. Start healthy habits by limiting my time in front of electronic screens.
- Protect me from the sun with sunscreen and a hat.
- A smoke free home and car are healthier for me.

My Development...

- I may no longer need a nap.
- If I stay dry for a few hours at a time and show you that I am aware of being wet, I may be ready to start toilet training. Please be patient while I learn this new skill.
- I can run, jump, climb, kick a ball and walk up and down stairs.
- I am learning to dress and undress.
- I copy drawing lines and circular scribbles.
- I understand simple directions.
- I use many words and put them together in short sentences that most other people can understand.
- I can stack and line up blocks.
- I may get restless if I am expected to sit still for too long.



- I point to and name body parts.

My Safety...

- Accidents can be prevented. Childproof my home every day.
- Give me safe places to climb so that I don't fall.
- I am ready to use a booster seat at the table. Remember to use safety straps.
- I need a car seat that is right for my size and weight.
- I can choke on balloons and plastic bags.
- Keep medicine out of reach and locked away. Don't call medicine or vitamins "candy".
- Stay close during bath time to keep me safe.
- I am always exploring. Never leave me alone because I am too young to understand danger.
- If I can climb out of my crib, I am ready to move to a bed.
- Remove cords and strings from toys and clothing if they are longer than six inches in length.



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