Utah State University
DigitalCommons@USU

All Archived Publications | Archived USU Extension Publications

1-1-2003

25 Months

Dorothea Cudaback

Warning: The information in this series may be obsolete. It is presented here for historical purposes only. For the most up to date information please visit The Utah State University Cooperative Extension Office

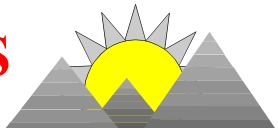
Recommended Citation
Cudaback, Dorothea, "25 Months" (2003). *All Archived Publications.* Paper 483.
http://digitalcommons.usu.edu/extension_histall/483

This Report is brought to you for free and open access by the Archived USU Extension Publications at DigitalCommons@USU. It has been accepted for inclusion in All Archived Publications by an authorized administrator of DigitalCommons@USU. For more information, please contact becky.thoms@usu.edu.

UtahState UNIVERSITY EXTENSION electronic publishing

GREAT BEGINNINGS

A Series for Parents of Young Children



25 MONTHS

Two's Are Terrific and...

Two's are terrific, tender, trying, taxing, and very, very exciting. Your little one has come a long way in two short years and so have you. As a parent of a 2-year-old, there are some things you will need this next year:

- **Patience** to help you cope with your child's mood swings, from very cooperative to highly unreasonable.
- **Awareness** to help you see that your child's surroundings are safe.
- **Loving firmness** to help you gently apply rules in a consistent way so your child can learn responsibility and self-sufficiency.
- **Humor** to help you laugh at yourself and with your child.
- **Wonder** to help you see your 2-year-old as the creative, special person she really is.
- **Enthusiasm** to enjoy and celebrate your toddler's many accomplishments during this year.

Health: Regular Health Checkups Are Important

Toddlers grow fast. As they grow, they need regular health checkups. Your child's health examination will give the doctor an opportunity to spot problems early. This way problems can be taken care of before any serious or long term effects occur.

Health records are vital. The record from the health checkups provides information about your child's health and immunization. You will need this record when you enroll your child in day care, nursery school, or kindergarten. If your child needs special food or medication while away from home, the health record gives caregivers the correct medical information. Be sure you keep your health record in a safe place where you can find it easily.

The American Academy of Pediatrics Standards for Child Care recommends that a good child examination include the following:

- History (which includes a brief developmental assessment)
- Physical examination
- Dental assessment
- Nutritional assessment
- Vision and hearing tests
- Hemoglobin or hematocrit test
- Urine test
- Tuberculin test
- Immunizations

The American Academy of Pediatrics recommends toddler checkups at about 12 months, 15 months, 24 months, 36 months, and after age 3 every 2 years. Of course, if parents or doctors have special concerns about the child, examinations will be more frequent.

If you do not have a doctor for your child, ask your local health department. They can give you the name of a physician or health department clinic.

Questions

Q: "My son is 2 1/2 and still sucks his thumb. Is this okay?"

A: Yes, thumb sucking is a very common behavior of children under 6 years old. It's one way a young child has to comfort himself. Many doctors believe that if you keep a child from sucking his thumb or fingers, he may develop sleeping problems or begin to wet his bed. Thumb sucking usually disappears on its own, especially if he is not pressured to give it up.

Sometimes parents pull thumbs out of their young children's mouths because they are worried about dental problems. Dental problems do not usually occur until the child's permanent teeth erupt at 5 or 6 years of age. Even then, there may be no ill effects from casual thumb sucking.

If you are worried about your child's thumb sucking, keep track of how often he sucks and for how long. Take these for several days. This record will help you and your doctor or dentist discuss the situation and decide what to do about it.

Games for Growing: Happy Face Colors

Purpose of the Game: To help your child learn to solve problems and to match colors.

Materials:

- Sheet of cardboard about 16 by 11 inches or one regular size manilla file folder
- Ten sheets of different colored paper or 10 different colored crayons to color white paper
- Pencil
- Drinking glass
- Scissors
- Child safe glue (check the bottle to be sure it says nontoxic or child safe)
- Marker pen for drawing simple faces

How to Make the Game:

- Make your happy face circles by drawing around a water glass. Make two circles of each color of paper or color two circles with each crayon.
- You will have 10 pairs of circles, each pair a different color. Draw happy faces with eyes open on one set of circles. On the matching circles, draw happy faces with eyes closed.
- Cut out all of the circles, stack them in two separate piles: one with eyes all open, one with eyes all closed.
- Glue all of the happy faces with open eyes to the cardboard or to the file folder. Put the happy faces with closed eyes in an envelope.

How to Play:

- Place the happy face cardboard or opened manila file folder in front of your child on the floor, or at a table.
- One by one, give him different colored happy face circles. Encourage him to put each one on the same colored happy face glued to the cardboard. Say the name of the color as your child puts each happy face on the correct color.
- When all the faces have been matched, have your child pick up all the happy face circles one by one and hand them back to you. Say the color of each circle as your child hands it back to you.

What's It Like to Be 25 Months Old?

How I Grow

- I often have to look at my feet to keep from stepping on things that are in my way.
- I like to do things in the same way each day.
- I like to walk by myself; I don't like being carried or pushed in a stroller.
- I can walk backwards for about 10 feet.

How I Talk

- I like to learn words that describe things like high, big, wet, hard.
- I can understand sentences, but I can't say long sentences yet.

- I like books; I can point to pictures and name them.
- I usually give information in two- or three-word sentences like “all dirty,” “go to store,” “that mine.”
- I can sing parts of songs or all of very short songs.

What I Have Learned

- I can draw a pretty good circle.
- I understand why some things happen, like turning on a switch makes the light come on.
- I’m getting better at remembering and keeping my attention on things.

How I Get Along with Others

- I’m good at getting your attention.
- I don’t usually share toys or play well with other children my own age.
- I may hit other children not because I don’t like them, but because I just don’t know what else to do.
- I stare at other people and like being looked at.
- I may call other children “baby,” men “daddy,” and women “mommy.”
- If you ask me to do something simple, I can usually do it.

What I Can Do for Myself

- I can use a spoon and a fork pretty well. I still spill some.
- Sometimes, I can ask to go to the toilet.
- I like to wash my hands, but not my face.

Play I Enjoy

- I like to talk to myself when I play.
- I like to wheel toys like kiddie cars. Be sure I ride these safely.
- I like to play in the bathtub and often don’t want to leave it.
- I like stories you tell me about myself and my things.

Children can be very different from each other. Don’t worry if your child is "early" or "late" in growth. Look for your child’s growth in each area. Encourage each new ability. If you are concerned about your child’s development, talk with your doctor.

Toilet Training

During their second year, most children become interested in learning to use the toilet on their own. A potty on the floor that the child can use herself helps her to get started. Learning to use the toilet is important to the child, and of course, to her parents. Give her lots of praise for every success.

Praise success. Don’t scold for accidents. Most children will stop dirtying before they stop wetting. Most will be able to stay dry during the day before they can stay dry at night. Many children cannot stay dry at night until they are about 3 years old.

Don’t be surprised if your child regresses. Sometimes children seem to be toilet trained and then they start wetting or soiling again. This can happen when children are upset about something like a new baby in the family, pressure from adults to stay dry, or family stress. Again, be patient and caring, and praise successes.

Wait until it’s not upsetting. Sure, you’re eager to be rid of diapers, but if you don’t rush toilet training, there will probably be less stress on everyone. Don’t start toilet training until your toddler shows she wants to use the toilet. Then it should go quickly and smoothly. Toilet training should not be upsetting to parents or their children. If it is, wait a few weeks and try again.

NOTE: For more information on toilet training, contact Extension Publications.

Research In Brief: Successful Parenting

We know that what parents do for and with their young children shapes their children's development. Dr. Alice Sterling Honig studied how parents of competent toddlers behaved with their children. She found that toddlers who were most competent were the ones whose parents:

- Carefully organized their children's routines.
- Encouraged their children to help a lot with household chores.
- Allowed their children to do some messy things, such as washing dishes.
- Read to their children daily.
- Severely limited and supervised their children's television viewing.
- Observed their children closely to keep them safe and to fit activities to their developmental level.
- Had firm, consistent household rules and gave children reasons for these rules.
- Saw themselves as teachers of their children and actively helped their children learn.
- Played with their children frequently, including pretend play.

Appreciation & Thanks to the Original Authors

This newsletter has been adapted from **Parent Express**, by Dr. Dorothea Cudaback, Cooperative Extension, University of California and her colleagues throughout the national Cooperative Extension System.

Appreciation is expressed to Dr. Patricia Tanner Nelson, Cooperative Extension, University of Delaware for computerizing this series of "age paced newsletters" and for permission to reprint for parents in Utah.

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, age, gender, color, religion, national origin, or disability.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Robert L. Gilliland, Vice President and Director, Cooperative Extension Service, Utah State University. (2-95)