

MORE TOILET TEACHING

Continue your relaxed and casual attitude toward toileting. Each time your child has small successes, remember to show enthusiasm and approval.

Watch your toddler for these signs that show readiness for toilet teaching:

- Does your child tell you when he is wet or needs his diaper changed?
- Does he have good finger coordination? Because the small muscles throughout his body are developing at about the same rate, finger control shows that bowel and bladder muscles are also developing control.
- Does your child stay dry for at least two hours?
- Does your child understand simple directions? Part of teaching involves giving and following directions.
- Does your child understand words for urinating and bowel movements?

Bowel control usually develops before bladder control. If your child has a regular time for bowel movements, try sitting him on the potty or toilet at these times. The important thing to remember is not to pressure your child or begin too early. Wait until your child is ready. The whole process will be faster and less frustrating.

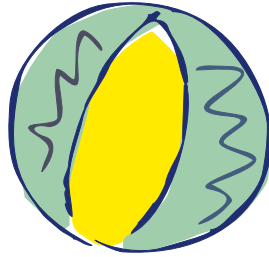
OUTDOOR PLAY

Sunshine and fresh air are important not only for toddler health but also for toddler fun. A park or backyard offers many opportunities for exploring and moving about. Before playing outdoors with your toddler, make sure the area is safe. A yard should be

clear of rubbish, tools and hazardous materials such as paint, chemicals and insecticides. Never leave a toddler unattended, even in your own backyard.

If your yard is not fenced, show your child the boundaries of the play area. Caution him about running into any roads. Driveways can be dangerous because of cars entering or leaving.

Outdoor areas are perfect for large muscle activity such as riding kiddie cars, kicking a ball, climbing and running. A clean sandbox with pails, spoons and assorted containers will keep a toddler occupied. Some small playground equipment such as low slides and swings can be fun and safe with your supervision.



Next Issue:

Toddler fears, routines, playmates and more!

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Putting Knowledge to Work

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1-2-3 Grow!

22-24 MONTHS

COOPERATIVE EXTENSION SERVICE
The University of Georgia
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22-24 Months

1-2-3 Grow!

Your toddler is nearing the end of her second year. Can you even remember when this bundle of energy and independence was a new baby? The differences are enormous — and more changes are about to come!

HOW DOES YOUR TODDLER GROW?

From 22 to 24 months, your toddler really enjoys her new physical and language skills to control everyone and everything in sight. Walking has turned into running and climbing. Simple words are turning into sentences, which are often commands!

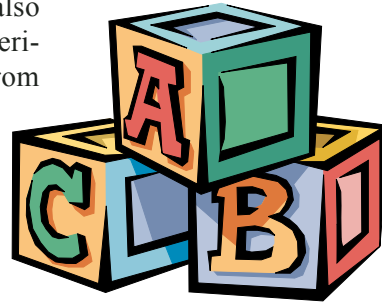
A typical 22- to 24-month-old will probably enjoy:

- rough-and-tumble play
- discovering how things feel
- word sounds, rhymes and repetitious stories
- testing limits and saying “No!”
- helping with jobs around the house
- increased hand coordination; the ability to pick up small objects with two fingers
- scribbling with a pen, pencil, crayon, or marker

- more feeding and dressing skills spending more time playing alone (with Mom or Dad close by)
- learning new words pushing his stroller instead of riding in it

As your toddler tries to do more for himself, he may also get frustrated. When he cannot get his blocks to stack just right, you may hear shrieks followed by blocks being thrown across the room. You can help him by calmly saying, “You’re having trouble stacking your blocks. Let’s try again.” Remember that we all get frustrated. Avoid telling your toddler that he should not feel this way. The goal is to find ways to deal with the frustration so that it does not build up inside.

Encourage your child to ask for help but also allow him to experiment and learn from his mistakes and successes.



ACTIVITIES/GAMES/TOYS

Action games and rhymes keep a toddler busy. Here are some ideas:

Simon Says

Use simple commands, then give time for your toddler to follow. Encourage your child when he follows correctly. For example:

- Simon says, “Touch your nose.”*
- Simon says, “Put the book on the table.”*
- Simon says, “Hug your teddy bear.”*

Body Rhyme

Lead your child in following this rhyme:

*These are my toes,
And here is my nose.
These are my knees,
Sit down, if you please.
This is my mouth,
I talk with it, too.
I’ll tell my mouth
to say, “I love you.”*

Check with your librarian for books with other children’s rhymes, or make some up with your child!

PARENTS AS TEACHERS

Have you heard parents of teenagers complain that their children will not do anything for themselves? The opposite is true of toddlers. They want to do everything — at least they are willing to try. Now is the time to develop and encourage these self-help skills and independence. When your child shows an interest in helping with the laundry, give him a shirt to put in the washer. Having a little helper may slow down your job some, but learning always takes time. Try to schedule household activities so that you have time and patience to include your toddler.

Here are some hints for encouraging your toddler to help himself:

- Have low shelves and drawers for toys and clothes so your child can reach them without help.
- Put a sturdy stool by the bathroom sink so your child can wash.
- Give your toddler chores to do. Ask him to put his shirts away after you have folded them. Let him push the vacuum

cleaner. Give him a turn at stirring the frozen orange juice or cake batter.

- At mealtimes, serve foods that your toddler can eat by himself. Put only small amounts of milk in a cup to minimize spills.

As you go through your daily routine, think of jobs that little hands can do. Then be sure to encourage your toddler’s efforts to help.

Just like you, your toddler may tire of an activity. This is because it is no longer challenging or interesting. When you see this happen, be creative in finding a new job that will give your child a new sense of achievement.

THUMB SUCKING AND BLANKETS

At least half of all children still suck their thumbs at 2 years of age. Many will continue this habit until 4 or 5. You may notice that your toddler sucks her thumb or grabs her favorite blanket when she is tired, hungry or frightened. A toddler does not have the emotional or mental ability to solve some problems that upset her. Comforting behavior such as thumb sucking and special blankets is actually healthy. They show that the child is dealing with a stressful situation on her own rather than depending on you.

Don’t tease or force a child to stop her comfort behavior. When she is old enough to handle everyday problems, she will gradually give it up on her own.

