

## 30-Month Visit



PEDIATRIC CARE • SUPPORTING • PARENTING  
A Program of ZERO TO THREE

### Language

Children love hearing about themselves. That makes naptime or bedtime a chance to describe the events from the day. For example, “When you got up, we made breakfast. Do you remember what we made? Eggs! We ate all our eggs. Then we walked to the park and visited the ducks.” If your child was with a caregiver, talk through the regular routines they’d have with them.



### Science and Math

Children love to cook. Preparing food builds science skills such as prediction, observation, and description. Learning to add two eggs or one cup of milk also builds math skills. Pick a simple recipe and don’t rush. Toddlers like to take their time. Talk about each ingredient. Talk about the steps and let them help with each one. While stirring ask, “What is happening to the batter right now?” Once it’s in the oven ask, “Is it getting hotter or colder?” When it’s done they’ll be excited to have something yummy to eat.



### Managing Feelings

Have you noticed that it’s hard for your child to stop one activity and go to another? That’s why it’s helpful to give some notice before ending an activity. During bath time, tell them there’s only two minutes left. Set a timer and say, “When it rings it will be time to get out of the tub.” You can point out how the water isn’t as warm anymore or talk about the next cozy step in your routine. When the timer goes off, say, “All done! Time to get your PJs on so we can read books.”



## Problem-Solving

Help your child figure out where various household items go. Hold up a book and ask, "Where does this book go?" You may also say, "Here are your shoes. Where do they go?" Do this with whatever items need to be put away. If your child doesn't know where they go, then say, "Hmm, let's see if I can figure out where they go." Then take each item to where it belongs.



## Physical Skills

Blow bubbles and have your toddler chase them. They can use their big body muscles to jump and pop bubbles as they float up high. Keep track of how many ways they can pop them. They can try *poking* them with their finger, *popping* them in a clap, or *stomping* them when they fall to the ground. Make funny sounds or count the bubbles as they pop. Let them try blowing bubbles by themselves. This uses their facial and mouth muscles and helps with self-control and patience because they must exhale slowly to form bubbles.



## Art and Music

Have fun with chalk outdoors drawing big circles and squares on the sidewalk. Make patterns and talk about shapes, colors, and pictures as you draw. Turn the shapes into faces or other objects. Because it rinses off easily, you can also draw with chalk on fences and other outdoor surfaces.



### Good books to read at this age:

- *Whose Toes Are Those?* by Jabari Asim
- *If You Give a Mouse a Cookie* by Laura Numeroff
- *Corduroy* by Don Freeman
- *Beautiful Oops!* by Barney Saltzberg