

Children grow and change very quickly. How they speak, play and act give you important clues about your child's development.

Clues and Cues — 30 Months

By 30 months of age, does your child:

Language:

- Name the most common items: dog, apple, cat, etc.
- Use pronouns such as I, you, me, and mine
- Join 3 or more words together: "I want the soccer ball"

Cognitive (thinking, learning, problem-solving):

- Use word endings: "boy running", "3 teddy bears"
- Recognize self in mirror or pictures

Social/Emotional:

- Wait briefly for needs to be met, like when in a high chair at a meal
- Able to listen to simple stories

Physical (movement):

- Run without falling most of the time
- Jump off floor with both feet in air
- Kick a ball forward
- Remove clothing already unzipped/unbuttoned

How can dad help with his child's development?

- ✓ I need the chance to play with other children my age: Let's go to playgroup.
- ✓ My actions will tell you how I feel: Celebrate with me when I am happy and be patient when I am angry or sad.
- ✓ I like to knock things down. Set up plastic bottles, cans & let me knock them down.
- ✓ I want to help you shop for groceries: Let me help & answer my questions about food, shopping, and the things I see.
- ✓ When we go for a walk: collect rocks, twigs, leaves and then talk about them.
- ✓ I love to paint, colour, make pictures.

If you have questions or concerns about any activity for your child contact a health care or child care professional.

Get more information at www.ndds.ca.