

BRIGHT FUTURES HANDOUT ► PARENT

2½ YEAR VISIT



Here are some suggestions from Bright Futures experts that may be of value to your family.

✓ FAMILY ROUTINES

- Enjoy meals together as a family and always include your child.
- Have quiet evening and bedtime routines.
- Visit zoos, museums, and other places that help your child learn.
- Be active together as a family.
- Stay in touch with your friends. Do things outside your family.
- Make sure you agree within your family on how to support your child's growing independence, while maintaining consistent limits.

✓ LEARNING TO TALK AND COMMUNICATE

- Read books together every day. Reading aloud will help your child get ready for preschool.
- Take your child to the library and story times.
- Listen to your child carefully and repeat what she says using correct grammar.
- Give your child extra time to answer questions.
- Be patient. Your child may ask to read the same book again and again.

✓ GETTING ALONG WITH OTHERS

- Give your child chances to play with other toddlers. Supervise closely because your child may not be ready to share or play cooperatively.
- Offer your child and his friend multiple items that they may like. Children need choices to avoid battles.
- Give your child choices between 2 items your child prefers. More than 2 is too much for your child.
- Limit TV, tablet, or smartphone use to no more than 1 hour of high-quality programs each day. Be aware of what your child is watching.
- Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.

✓ GETTING READY FOR PRESCHOOL

- Think about preschool or group child care for your child. If you need help selecting a program, we can give you information and resources.
- Visit a teachers' store or bookstore to look for books about preparing your child for school.
- Join a playgroup or make playdates.
- Make toilet training easier.
 - Dress your child in clothing that can easily be removed.
 - Place your child on the toilet every 1 to 2 hours.
 - Praise your child when he is successful.
- Try to develop a potty routine.
- Create a relaxed environment by reading or singing on the potty.

Helpful Resources: Family Media Use Plan: www.healthychildren.org/MediaUsePlan
Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236

2½ YEAR VISIT—PARENT

✓ SAFETY

Make sure the car safety seat is installed correctly in the back seat. Keep the seat rear facing until your child reaches the highest weight or height allowed by the manufacturer. The harness straps should be snug against your child's chest.

Everyone should wear a lap and shoulder seat belt in the car. Don't start the vehicle until everyone is buckled up.

Never leave your child alone inside or outside your home, especially near cars or machinery.

Have your child wear a helmet that fits properly when riding bikes and trikes or in a seat on adult bikes.

Keep your child within arm's reach when she is near or in water.

Empty buckets, play pools, and tubs when you are finished using them.

When you go out, put a hat on your child, have her wear sun protection clothing, and apply sunscreen with SPF of 15 or higher on her exposed skin. Limit time outside when the sun is strongest (11:00 am–3:00 pm).

Have working smoke and carbon monoxide alarms on every floor. Test them every month and change the batteries every year. Make a family escape plan in case of fire in your home.

WHAT TO EXPECT AT YOUR CHILD'S 3 YEAR VISIT

We will talk about

- Caring for your child, your family, and yourself
- Playing with other children
- Encouraging reading and talking
- Eating healthy and staying active as a family
- Keeping your child safe at home, outside, and in the car

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

For more information, go to <https://brightfutures.aap.org>.

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The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit, 2nd Edition*.

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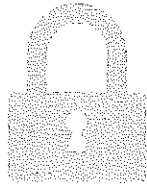
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GUN SAFETY

and CHILDREN

If you own a firearm, the AAP recommends it be **stored unloaded, locked up** (lock box, cable lock, or firearm safe), with the ammunition stored separately.



About **1/3 of the homes with children** in the United States have a gun. Many are stored **loaded and/or unlocked.**



Every day,

78 children,



teens and young adults are **injured or killed** by guns in the United States.

= death = injury

Source: CDC WISQARS database including data for all races, ages 0-21, from 2013-2016.

The risk of dying by suicide is **4 to 10 times higher**

in homes with guns. If you have **a teen who is at risk for suicide**, remove guns and ammunition from your house.



Children as young as

3 years may be strong enough to **pull the trigger** on a handgun.



The **safest home** for children and teens is one without guns.



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CELEBRATING 10 YEARS

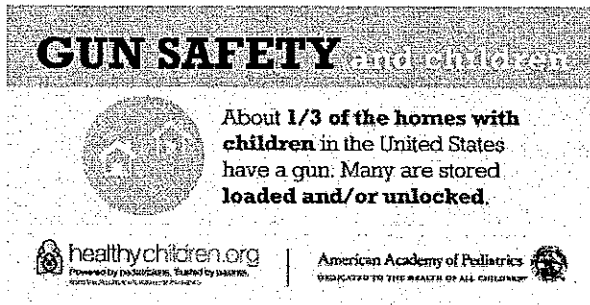
Is There An Unlocked Gun Where Your Child Plays?

On June 21, the American Academy of Pediatrics and the Brady Center to Prevent Gun Violence urges parents to ask a simple question to keep kids safe

A gun, found by a child, can change lives forever in just a few moments. On June 21, the first day of summer, parents are reminded to ask other parents if there is an unlocked gun in the home ([/English/safety-prevention/all-around/Pages/Handguns-in-the-Home.aspx](#)) where their child is going to play.

The American Academy of Pediatrics (AAP) and the Brady Center to Prevent Gun Violence created ASK Day to prevent injuries and deaths from guns that are stored unsafely in homes. The ASK (Asking Saves Kids) campaign promotes a simple idea with the potential to help keep kids safe. Ask, ***"Is there an unlocked gun in your house?"*** before sending your child over to play.

About one-third of homes with kids have guns, many left unlocked or loaded. Just talking to your



GUN SAFETY

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child about the dangers of firearms is not enough. Children are naturally curious. If a gun is accessible in someone's home, there is a good chance a child will find it and play with it. Countless tragedies have occurred when kids found guns that parents thought were well hidden or safely stored.

The ASK Campaign Urges Parents:

If your child is going to play or hang out at a home where he hasn't been before, ask if there is a gun in that home.

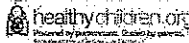
- **If the answer is no**, that's one less thing to worry about.
- **If the answer is yes**, then you need to ask how the gun is stored—it should be stored in a locked location and unloaded. Ammunition should be locked up separately.
- **If you are not comfortable with the answers**, you should invite the other child to play at your house instead.

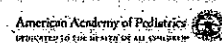


The AAP remains committed to reducing gun injuries to children, and advocates for stronger gun laws, comprehensive access to mental health care, and necessary funding for federal gun violence research and prevention efforts.

GUN SAFETY

The risk of dying by suicide is **4 to 10 times higher** in homes with guns. If you have a **teen who is at risk for suicide**, remove guns and ammunition from your house.

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Dr. Jennifer Shu with the American Academy of Pediatrics ...



Additional Information:

- Guns in the Home (</English/safety-prevention/at-home/Pages/Handguns-in-the-Home.aspx>)
- 10 Things Parents Can Do to Prevent Suicide (</English/health-issues/conditions/emotional-problems/Pages/Ten-Things-Parents-Can-Do-to-Prevent-Suicide.aspx>)
- www.askingsaveskids.org (<http://www.askingsaveskids.org/>)

Last Updated
7/18/2018








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Parent Resources for Toddlers

There are so many resources available online for parents. Who do you trust? Here are some links approved by your pediatrician, and the American Academy of Pediatrics.

<p>Healthy Children.org has a wealth of information for parents, including a Symptom checker, ideas for challenging your child to grow in development, and answers to questions about care of your child. https://www.healthychildren.org/English/Pages/default.aspx</p>	
<p>When Your Child Needs Emergency Care – What to do? https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/When-Your-Child-Needs-Emergency-Medical-Services.aspx</p>	
<p>How do I encourage healthy eating? What do I do with a picky eater? This website has ideas our pediatricians use with their own children. https://www.ellynsatterinstitute.org/how-to-feed/</p>	
<p>When does my baby need a new car seat? All the things you need to know about rear-facing car seats for infants and toddlers. https://www.healthychildren.org/English/safety-prevention/on-the-go/Pages/Rear-Facing-Car-Seats-for-Infants-Toddlers.aspx</p>	
<p>How do I safely take my baby for a bike ride? When are they old enough? https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Baby-On-Board-Keeping-Safe-On-A-Bike.aspx</p>	
<p>Choking Hazards for young children – babies and toddlers are at a higher risk for choking than older children. Here’s a short video on what you can do to prevent it, and how you can help if your baby starts to choke on something. https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Choking-Hazards-Parents-of-Young-Children-Should-Know-About.aspx</p>	
<p>Watch your young toddler near the water! Children don’t understand the danger. Here are some tips to keep them safe. https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Swimming-Pool-Safety.aspx</p>	

If you don’t have a QR code reader on your phone, try these:

Apple iPhone: Go to the App Store and search for “QR Reader”. It’s free; no ads.

Android: Go to Google Play Store and search for “QR Code Reader”. It’s free; no ads.