

**Small things make a big difference.** ○ ○ ○

You can do things every day to help your child learn and grow.

The chart inside shows the ways your child is growing every day. It also tells you what you can do to help. Hang it where you can look at it often.

Find your child's age at the top of the chart and then look at the pictures below. See what many children are learning or doing at the same age. Watch what your child can do and how it changes. Try to do one thing every day from this chart.

**Questions or concerns?** △ △ △



Every child grows at their own pace.

If you notice your child is no longer doing something that they were doing before, or if you have questions or concerns about your child's development, talk with their doctor or nurse.

You can also call:

**HELP ME GROW WASHINGTON HOTLINE:**

- **CALL:** 1-800-322-2588 (711 TTY relay) for the name of a Family Resource Coordinator to help arrange a free developmental screening and other services, if needed.



Call our hotline to speak to a Family Resource Navigator at **1-800-322-2588** or find resources and services near you at [www.HelpMeGrowWA.org](http://www.HelpMeGrowWA.org)



Watch Me Grow Washington is a program of the Washington State Department of Health.

 Follow us on Facebook @WatchMeGrowWA

 Visit: [www.watchmegrowwa.org](http://www.watchmegrowwa.org)

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers needing assistance, please call 711 (Washington Relay) or email [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).

WATCH AND HELP ME  
**Grow**

○ 18 MONTHS TO 3 YEARS





*You are very important in your child's life. Small interactions and things you do with your child make a big difference.*

*When your child is healthy and physically active, they have the energy to learn and play. Your child develops the self-confidence needed to learn and be successful in the world when your child knows they are surrounded by loving, caring people.*

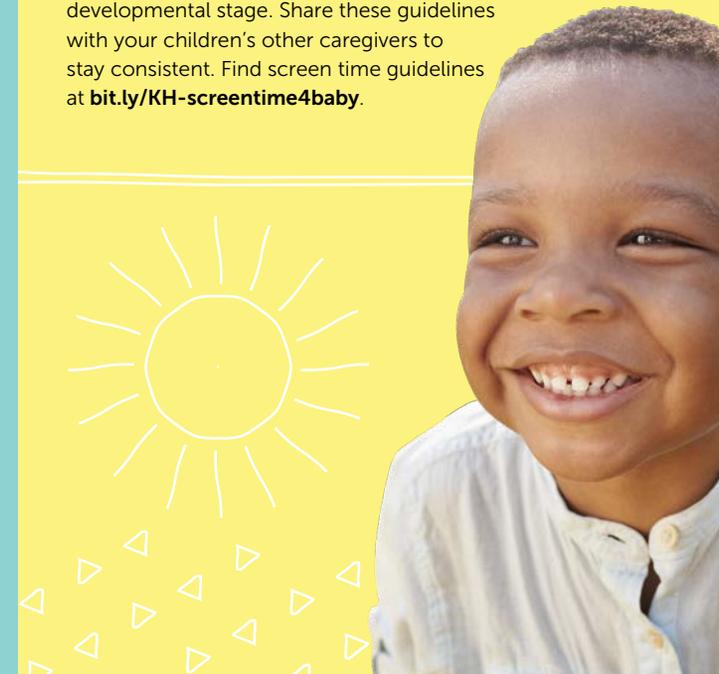
**Keep me safe and healthy while I learn and grow with these tips:** ○ ○ ○

- Take me to my regular well-child checkups every year. It's best for me to see the same doctor or nurse so they get to know me and make sure I am getting the right screenings and vaccines.
- Talk with my doctor or nurse about how I'm learning, developing, and growing.
- Make sure I'm buckled up correctly in my car seat on every ride. I should be rear-facing in my car seat until at least age 2, and in the backseat until I'm 13 years old.
- Stay within reach whenever we are around water and put a life jacket on me even if I've had swimming lessons.
- Keep furniture away from windows so I can't climb up and fall out. Attach furniture, such as dressers or TV cabinets, to the wall.
- I should not be by myself near the stove or oven when food is cooking. Put hot things out of my reach so I don't grab them and get burned.
- Offer me a variety of healthy foods and let me decide how much to give myself. Let me try lots of different fruits and vegetables. Let me help you pick them out at the store and prepare them for our meals.
- Encourage me to play and stay active. It helps me develop motor skills like sitting, running, walking, and climbing.
- Brush my teeth with fluoride toothpaste after breakfast and before bed. Take me to the dentist at least once a year. Help me by limiting starchy and sticky foods that may give me cavities.
- Make sure I get enough sleep every night. If I am 1 to 2 years old, I should get 11 to 14 hours of sleep each day (including naps).
- Keep cigarette, cigar, vape, and marijuana smoke away from me and my growing lungs.
- Make sure all firearms are stored in a safe or lockbox with the ammunition stored separately.
- Keep medicines out of reach.
- Don't let me play with anything small enough to fit in a toilet paper tube. Small coins, magnets, and toys can be dangerous. I could choke.
- Put the number for **Washington Poison Center (1-800-222-1222)** near or in your phone so you can call it if I swallow something that can hurt me.

**Screen time guidelines:** \* \* \*

Until I am 18 months old, it's best if I don't watch TV or videos or play on computers. Video-chatting is OK. My caregivers can use learning apps with me when I'm 18 months to 2 years old. Once I turn 2 years old limit my screen time to only 1 hour per day. Watch with me to help me understand what I'm seeing and how to apply it to the world around me.

Come up with a screen time plan for your family. Consider each child's age, health, personality, and developmental stage. Share these guidelines with your children's other caregivers to stay consistent. Find screen time guidelines at [bit.ly/KH-screentime4baby](https://bit.ly/KH-screentime4baby).



# WATCH AND HELP ME Grow

18 MONTHS TO  
3 YEARS

*How I learn and grow depends on both who I am and what I experience. Everything I learn, do, and feel is connected.*

## 18 Months to 2 Years

## 2 to 2.5 Years

## 2.5 to 3 Years

### PHYSICAL HEALTH

I grow and learn best when my body is healthy. Make sure I have a safe place to play both inside and outside.

#### I CAN BUILD AND STACK.

I like to build things up and knock them down.



#### I USE MY HANDS TO BE CREATIVE.

Give me paper, paints, crayons, and clay.



#### I CLIMB, THROW, RUN, AND JUMP.

Play with me outside. We can have fun together.



### SOCIAL AND EMOTIONAL

I need people to love me and understand my feelings. Help me learn about emotions. Help me name my feelings and talk to me about them.

#### I SHOW STRONG FEELINGS.

Please stay close when I'm upset. It helps me when you are calm.



#### I AM BECOMING INDEPENDENT.

Let me try things on my own and make simple decisions, such as what color shirt to wear. Stay nearby to help me when I want you to.



#### I ENJOY OTHER CHILDREN.

Give us toys we can each play with so we can learn to share.



### HOW I LEARN

I am curious and want to learn about everything. I learn through movement, hopping, skipping, walking, exploring, and back-and-forth interaction with you. Talk and play with me every day. Read me stories over and over and talk to me about the pictures. Respond to my words, sounds, actions, and ideas.

#### I ENJOY GOING PLACES.

Take me places where I can explore new things.



#### I ASK ABOUT THINGS.

Answer when I ask, "What's that?" I learn when we talk back and forth.



#### I PLAY MAKE-BELIEVE.

I love to pretend. Give me things I can use to play dress up.



### THINGS I KNOW

I learn from the people and the world around me by touching, tasting, seeing, smelling, and hearing. Give me plenty of "hands on" experiences.

#### I RECOGNIZE PICTURES.

Read me stories over and over. I can point to things I know.



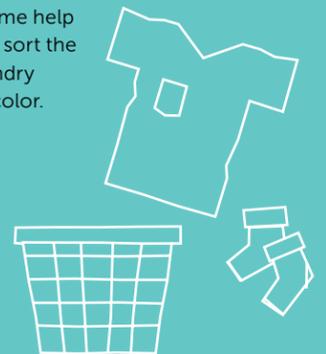
#### I LEARN FROM EXPERIENCE.

Talk to me about what we need and why, such as, "It's cold, so we need a coat."



#### I AM LEARNING TO MATCH.

Let me help you sort the laundry by color.



### LANGUAGE

I learn to communicate when you talk, read, and play with me. Talk with me about all the things we do during the day. Help me say what I want. Give me choices instead of asking me yes or no questions, such as, "Do you want a ball or a truck?"

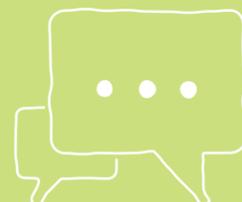
#### I ENJOY LEARNING NEW WORDS.

Tell me the words for what we see and do.



#### I CAN PUT WORDS TOGETHER.

Give me choices and let me answer you. Help me say what I want.



#### I CAN FOLLOW DIRECTIONS.

Give me simple steps, such as, "Please get the book and bring it to me."

