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## *Information for You from Your Health Care Team*

### **Developmental Milestones/Activities/Issues Toddler (2-3 years)**

#### **Milestones:**

- 3-4 word sentences
- Runs well
- Knows first/last name
- Turns doorknob
- Unscrews lids
- Rides a tricycle
- Stacks 9-10 blocks
- Puts on some clothing

#### **Nutrition:**

Four servings each day of fruits and vegetables, bread and cereals, dairy products and two servings of meat. Serve nutritious snacks. Avoid snacks right before meals. Avoid junk food. Can have 16 ounces of milk a day. Foods should be cut in small pieces - no nuts, hard candy, or large chunks of meat.

#### **Activities:**

- Have her/him tell stories about pictures
- Name parts of the body
- Play singing games
- Use puppets
- Play musical instruments
- Play dress up
- Provide push/pull toys

#### **Issues Related to Hospitalization:**

Separation from a parent may be difficult at this age. It is helpful if your child is able to develop a trusting relationship with a few staff members. Your child may display infant-like behavior while in the hospital. Praise behavior you would like to see displayed. If your child is refusing to eat in the hospital, bring in foods she/he likes from home or give a list of favorite foods to your nurse.

Speak up if you have any questions or concerns