



30 Months



Nutrition

- Picky eating may still be common.
- Appetites often vary day to day.
- Continue offering balanced meals and snacks.
- Think nutrition over a week, not one meal.
- Repeated exposure builds acceptance.

Helpful Approach

- Eat together when possible.
- Model healthy habits.
- Keep juice limited.
- Water and milk are great primary drinks.



Behavior & Boundaries

Children at this age want independence and connection.

Helpful strategies:

- Stay calm and consistent
- Offer simple choices
- Praise positive behavior
- Keep limits clear
- Redirect when helpful

Connection matters most.



Sleep & Routine

- Many children still nap daily.
- Some begin shortening or resisting naps.
- Quiet time can help if naps fade.
- Consistent bedtime routines remain valuable.
- Some children transition from crib to bed now.

Routine builds security.



Development

Many children may begin to:

- Speak in longer phrases
- Ask many questions
- Jump and climb well
- Begin pretend stories
- Follow routines
- Play more with other children
- Show strong opinions

Milestones happen on a range of timelines.



30 Months



Play & Learning

**Play builds language and confidence.
Try these fun activities:**

- Helping with easy tasks
- Blocks & puzzles
- Art & coloring
- Reading books
- Outdoor movement
- Pretend play
- Music & dancing

**We recommend limited, intentional
screen time only. Prioritize play, reading,
movement and connection.**



Toilet Learning

- Many children make progress now.
- Readiness still matters more than pressure.
- Encourage interest and routines.
- Accidents are normal learning.



Preschool

- Many families explore preschool now.
- Readiness depends on temperament, schedule, and family needs.
- Look for warm, safe, engaging environments.



Safety

- Lock hazards away
- Watch for cars
- Anchor furniture
- Supervise water use
- Use helmets with wheeled toys



Vaccines & Screenings

**Recommended vaccines or screenings may
be discussed today, based on schedule. We
are happy to answer questions.**



Upcoming 3 Year Visit

We often discuss:

- Preschool adjustment
- Sleep changes
- Behavior & emotions
- Language growth
- Continued milestones



When To Call Us

- Major behavior concerns
- Regression in skills
- Anything worrying you
- Significant speech concerns
- Persistent sleep struggles