**Resources**

**Community Resources**

Medical Emergencies ......................................................................................... 911
Poison Control ................................................................................................. 1-800-222-1222
SafeKids (childproof home, car seats, water safety, injury prevention) ........ 1-800-756-7233
Pinellas County Health Department (low cost physicals, immunizations) .... (727)824-6900
Community Health Centers of Pinellas (referrals, prescriptions) ............... (727)821-6701
Florida Kid Care (health insurance) ............................................................... 1-888-540-5437
American Red Cross (infant/child first aid & CPR classes) ....................... (727)446-2358
US Consumer Product Safety Hotline (unsafe or recalled products) .......... 1-800-638-2772
Car Seat Education and Safety ........................................................................
Community Resources (clothing, emergency shelter, counseling, parent support) .. 2-1-1 or (727)210-4211
WIC Florida (food for women, infants, and children) .................................... 1-800-342-3556
Public Library Information ............................................................................. (727)441-8408
Reporting Suspected Child Abuse or Neglect ............................................... 1-800-96ABUSE (1-800-962-2873)

**Child Care Resources**

Child Care Resource & Referral (locate child care centers and homes) .......... 2-1-1 or (727)210-4211
Voluntary Prekindergarten (VPK) .................................................................... (727)400-4411
School Readiness Child Care Wait List / Eligibility Requirements ............ (727)400-4411
Pinellas County Child Care Licensing (history of compliance/complaints) .. (727)507-4857

**Child Development Resources**

The Early Learning Coalition (ELC) Warm Line .............................................. (727)545-7536
Early Steps (birth to 36 months) .................................................................... (727)767-4403
Early Steps Parent Support ............................................................................. (727)767-6705
FDLRS Child Find (birth to 21 years) ............................................................. (727)793-2723
Parenting and Child Guidance ..................................................................... (Helpline) 211
or (727)210-4211
Project Challenge (concerns about my child's behavior in child care) ....... (727)578-5437
Thinking & Reasoning

	help him to try, fail, and retry is an important part of learning and problem solving.

very own "puzzle frame." Help him try his hand at building blocks and puzzle pieces in a container and puzzle pieces in a container.

place toys where he can see and reach them such as on low open shelves.

make puzzle solving enjoyable by helping him learn to put a puzzle together. "This piece looks too big! Let's try"

allow him to do things independently, but offer help when he becomes frustrated.

give him many opportunities to look, feel, see, smell, and hear things in his environment.

allow him to sort clothes, identify colors, etc.

use color: size, shape, and texture (brush/feather) words to describe objects.

provide dress-up clothes and props (dress, doll, toy food) to encourage pretend play.

solve basic math problems.

provide age-appropriate toys which require thinking such as 3-6 piece puzzles, blocks, etc.

Your child's thinking and reasoning skills are best supported when you:

Starting Out
Thinking & Reasoning

Does your child...

...describe his drawings or scribbles to you?
[ ] Yes [ ] No

...understand the concept of one and two? (Example: When you ask him to give you two cars, he places two cars in your hand.)
[ ] Yes [ ] No

...sometimes say “please” and “thank you” without prompting?
[ ] Yes [ ] No

...take things apart and sometimes put them back together?
[ ] Yes [ ] No

...stack and sort items or toys?
[ ] Yes [ ] No

...repeatedly ask “Why?”
[ ] Yes [ ] No

...answer questions about something that happened earlier?
[ ] Yes [ ] No

...laugh at funny things?
[ ] Yes [ ] No

...understand the meaning of “on top of” or “under”?
[ ] Yes [ ] No

...imitate what you and others do?
[ ] Yes [ ] No

...invite you to join in his play, such as by saying “Let’s ride a bus. You sit here”?
[ ] Yes [ ] No

...repeat activities over and over again?
[ ] Yes [ ] No

...poke or hug another child to initiate an interaction?
[ ] Yes [ ] No

...complete a 3-6 piece puzzle by turning a puzzle piece until it fits?
[ ] Yes [ ] No

This is one in a series of five resource booklets on child development. The series also includes booklets on infant, one year old, three year old, and four year old development.

Each booklet begins with sections on Brain Development and Safety followed by Domains of Development that align with the Florida Early Learning and Developmental Standards. The Resources page provides community and Internet resources to help meet the needs of families and young children.

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Introduction
Encourage him to interact with you as you cut out, make puzzles, or play with his play dough. These activities strengthen the muscles for writing.

Provide opportunities for him to make rectangles and squares with scissor handles and model wet sand or play dough. These activities develop his fine motor skills.

Talk about what you are writing (e.g., writing a grocery list, writing a story). This helps him internalize the importance of handwriting.

Point out familiar words in books, signs, or restaurant signs. These activities help him learn to recognize familiar words.

Encourage him to read a few minutes each day.

Take time to answer questions as you read. This helps him understand the story.

Tell him the pictures are just as important as the words. This helps him understand the importance of illustrations.

Allow him to pick out stories from the library. He will enjoy the same book over and over.

Provide books about familiar things with new words and familiar themes. This helps him understand the importance of words and new information.

He can see the pictures and words in the book. This helps him to recall information.

Your child is learning to think critically. He will learn to use his own ideas to make sense of the world around him. This helps him develop critical thinking skills.

Children are make readers on the laps of their parents.

Emotive Reading

The Importance of Your Role as a Parent Cannot Be Underestimated!

Your child needs to develop his reading and writing skills. This will promote brain development and cognitive development. Children who read and write developmentally appropriate materials have a greater chance of success in school.

Reading, writing, and thinking are fundamental skills that are essential for success in school. Children who develop these skills early have a greater chance of success in school.

Your child’s brain will react to positive and negative experiences.

Experiences, adopt memories, and develop emotions. Children who develop these skills early have a greater chance of success in school.

Your child was born with 10 billion brain cells.

Brain Development

Reading & Writing

Emotive Reading

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Experiences, adopt memories, and develop emotions. Children who develop these skills early have a greater chance of success in school.

Your child was born with 10 billion brain cells.
Does your child....

- enjoy listening to stories and looking at picture books?  
  [ ] Yes  [ ] No

- ask that his favorite book be read over and over again?  
  [ ] Yes  [ ] No

- point to and talk about the pictures in books?  
  [ ] Yes  [ ] No

- retell familiar stories in his own words?  
  [ ] Yes  [ ] No

- know how to hold a book and turn the pages from right to left?  
  [ ] Yes  [ ] No

- hold a pencil/crayon.marker with his thumb and forefinger instead of a fist grip?  
  [ ] Yes  [ ] No

- use a pencil/crayon.marker for “pretend writing”?  
  [ ] Yes  [ ] No

- recognize the first letter of his name?  
  [ ] Yes  [ ] No

- recognize familiar signs, such as restaurant, grocery store or stop signs?  
  [ ] Yes  [ ] No

---

Brain Development Tips

Your child’s brain will develop best when you:

- talk to him often, ask questions, and show an interest in what he is doing.
- name, count, and describe objects.
- read to him every day.
- sing songs, play rhyming games, and listen to different kinds of music every day.
- respond to his feelings and provide words he can use to express his emotions.
- provide opportunities for him to play with problem solving toys and puzzles.
- offer a variety of healthy foods and water throughout the day.
- stay calm and happy, avoiding stress and traumatic experiences.
- avoid exposing him to television, computer, or video games. The American Academy of Pediatrics strongly discourages television viewing for children ages two years old or younger.

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“It’s not if your child is learning; it’s what your child is learning that’s important.”

“The bottom line on brain research? Love your children. Talk to them. Read to them.”

~ Rob Reiner

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Brain Development
Listening & Talking

Does your child...

YES  |  NOT YET
--- | ---

...sing simple songs and repeat familiar nursery rhymes?  |

...tell you the names of familiar toys, people, and objects?  |

...point to and name some body parts, such as eyes, ears, nose, hand, foot, or leg?  |

...follow simple directions, such as “Bring me your shoes”?  |

...speak clearly enough that most people can understand him?  |

...use three to four words together, such as “I drink juice” or “I want a cookie”?  |

...use descriptive words, such as “bad dog”, “pretty flowers”, or “big ball”?  |

...use personal pronouns such as “I,” “you,” and “me”?  |

...use position words, such as up, down, on, off, in, and out?  |

...tell you his first name and age?  |

...participate in conversations with others?  |

...ask questions?  |

...respond to questions?  |


- adjust the water heater temperature to 115°F or less to prevent burns.
- never leave him unattended near water (bathtub, toilet, swimming pool, wading pool, or bucket). Supervise him closely and remember that children can drown in less than 3 inches of water.
- consider his emotional development, physical abilities, health concerns, and frequency of exposure to water before enrolling him in formal swim lessons.
- choose toys that are unbreakable, washable, non-toxic, and at least 2” in diameter.
- do not serve foods that can cause choking, such as grapes, nuts, popcorn, peanut butter, or hotdogs.
- teach him simple safety rules and help him understand the importance of avoiding common dangers, such as hot appliances and moving cars.
- make sure he holds your hand while crossing the street or walking through parking areas.
- keep all guns out of your house or store locked, unloaded, and uncocked guns in an out of reach, locked container. Store ammunition separately.
- attend a first aid and Pediatric CPR (cardiopulmonary resuscitation) training. (See Resources.)
Choose your child's side to take.

- Offer choices to help resolve conflicts, such as "Do you want to wear your blue shirt or your green shirt?" Don't offer a "neutral" choice.
- Provide opportunities for him to be with other children who are close to his age.
- Allow him to do things independently, such as setting the table.
- Give him the opportunity to stay with one activity for more than a few minutes.
- Do not expect him to share. He is too young to understand.

Developmental Tip

Until he is around 3 or 4 years old, a child may have a hard time understanding the difference between "my" and "our." Help him to understand that "my" means "mine," and "our" means "ours." Ask him to help keep the room tidy, for instance, and then give him her own area to keep tidy.

Physical Development Tips

- Use a spoon or fork to eat.
- Help dress and undress himself.
- Do hand movements to movements, such as "The Itsy Bitsy Spider?
- Put small objects together, pieces in a box, torn paper, or string beads.
- Push a tricycle.
- Jump with both feet off the floor.
- Kick a ball by swirling it forward.
- Stop and turn while running.
- Catch a large ball using his hands and body.
- Walk up and down stairs, putting both feet on each stair.
Social & Emotional Development

Does your child…

- say, “No, stop!” when a child takes his toy? [ ] [ ]
- insist on doing some things by himself, such as eating, dressing, or toileting? [ ] [ ]
- sometimes initiate play with another child? [ ] [ ]
- offer to help an adult or child in distress? [ ] [ ]
- use play materials in the intended way, such as building with blocks or feeding and rocking a doll or stuffed animal? [ ] [ ]
- use words or cry to get your attention? [ ] [ ]
- run to you for comfort after falling down or getting hurt? [ ] [ ]
- understand and sometimes use words to express emotions instead of hitting when he’s angry or frustrated? [ ] [ ]
- identify himself in a photograph? [ ] [ ]
- become possessive of certain toys or people (“my truck,” “my mommy”)? [ ] [ ]
- test limits and sometimes refuse to do what you want him to do? [ ] [ ]

Physical Development Tips

Your child’s physical development skills are best supported when you:

- provide daily, supervised, outdoor play opportunities to run, jump, climb, pedal, and explore.
- provide opportunities to throw, catch, and kick balls.
- play simple games with him, such as “Ring Around the Rosie”, Hide-and-seek, and Tag.
- provide opportunities for him to use two hands together to accomplish tasks, such as unscrewing jar lids, wringing out washcloths, or pouring water from a pitcher.
- help him improve his hand/finger strength by providing opportunities for him to tear paper, use tongs or clothes pins, squeeze sponges, play with play dough, or build with connecting blocks.
- provide opportunities for him to use crayons, markers, paint brushes, and fingerpaint.
- make sure he has regular medical and dental checkups, up-to-date immunizations, and prompt medical attention when needed.
- provide healthy meals and snacks, including 12-16 ounces of low-fat or skim milk daily.
- encourage him to develop self-help skills by patiently supporting him as he pulls his pants up and down, puts on and takes off his shoes, and drinks from a cup without a lid.
- use positive language when he has a toileting accident (“I see you had an accident; that must feel uncomfortable. Let’s go get dry clothes for you.”) If he doesn’t make progress in two weeks, try again a few months later. (Toileting tips and advice: www.parents.com or www.webmd.com)
- avoid exposing him to television, computer, or video games. The American Academy of Pediatrics strongly discourages television viewing for children ages two years old or younger.

The benefits of promoting physical development are well documented. Support your child’s future health by providing nutritious foods and snacks, regular checkups, and opportunities for daily exercise.
Learning Styles

Does Your Child...

- Enjoy helping you perform household tasks, such as setting the table or folding clothes?
- Enjoy new toys to see how they work?
- Watch living things (insects, animals, plants) as they move or grow?
- Listen closely when a story is being read?
- Repeat simple puzzles?
- Complete simple puzzles?
- Act out familiar scenes, such as picking up a bag and saying, "I go to work"?
- String beads and stack blocks successfully?
- Scribble on paper?

Learning Styles Tips

Your child’s unique learning style is best supported when you:

- Engage in conversations to help him increase his language skills and knowledge.
- Offer help when he becomes frustrated with a difficult task.
- Provide him with opportunities for him to practice self-help skills by serving and feeding himself during meals.
- Introduce new experiences.
- Provide a variety of materials, toys, and activities.
- Encourage him to use familiar items in new ways, such as using a banana as a telephone or a hairbrush as a microphone.

Keep these strategies in mind as you interact and play with him.