

# 2.5 Year Visit



## Schedule

Transitions - like leaving the house, going to bed or stopping a game—can be hard for children to manage. Prepare in advance by making a schedule like they use in school and talking about what comes next. Using timers or giving warnings like “5 minutes left” can also help.

## Sort

Put anything and everything into groups or categories. For example, start with having your child name things that are yellow and then name things that move. Then try talking about how things can be in more than one category, like a school bus which is yellow AND moves!

## Ask

Ask your child questions throughout the day. Make sure you give them time to answer. When they feel like you want to hear what they say, it builds your child’s confidence and success in school.

## Pause

Use time-outs or pauses when your child hits, kicks or is physically aggressive. Time-outs should be only 30 seconds, in a quiet place that is not for sleeping, and are NOT about punishment. Think of pauses as a chance for you and your child to calm down, take a few deep breaths and come back to an activity.

## Play

Playing games where your child practices moving and stopping can help prepare him for school.

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### Stomping Game

Does your child want to get up and move? Play a “Stomping Game!” Stomp your feet one, two, or three times and encourage your child to follow your lead. Pay attention to how they stomp and then imitate them. Take turns. They can follow your lead or you can follow theirs. Change the pace by stomping slowly or quickly. See if they can copy your rhythm.

**Suggested Age**

**18 months - 3 years**

Vroom is not a diagnostic tool. For more info ask your child’s doctor.

### Brainy Background™



Your child is building their brain when they imitate your actions and remember which movements to repeat. They have to remember the pattern and rhythm while moving too! This takes attention and focus. Together you’re building skills important for learning. It’s also a fun way to connect with each other.

#80

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