

Toddler's 3rd Year												
SECTION	Purposes from Partners for a Healthy Baby (PHB)	PAGE #	CATEGORY	Family Well Being			Positive Parent-Child Relationships	Families as Lifelong Educators	Families as Learners	Family Engagement in Transitions	Family Connection to Peers and Community	Families as Advocates and Leaders
				Parents and Families are Safe	Parents and Families are Healthy	Parents and Families are Financially Secure						
Months 25-27	Encourage family to have a dream for a better	6	Family Development	X	X	X	X	X	X		X	X
Months 25-27	Help family plan steps to achieve their goals.	8	Family Development	X	X	X	X	X	X		X	X
Months 25-27	Encourage family to celebrate the diversity in	10	Family Development	X			X	X	X		X	X
Months 25-27	Discuss ways Dad/partner can help toddler	12	Family Development				X	X				
Months 25-27	Help family understand difference between	14	Family Development			X			X		X	
Months 25-27	Review the health risks of smoking.	16	Family Health		X						X	
Months 25-27	Encourage families to spend more time	18	Family Health		X		X	X				
Months 25-27	Talk about choosing healthy foods.	20	Family Health		X							
Months 25-27	Encourage family to find ways to exercise.	22	Family Health	X	X	X	X				X	
Months 25-27	Talk with Mom about planning her next	24	Family Health	X	X	X	X		X			
Months 25-27	Talk about ways to build on family strengths.	26	Family Health	X	X		X				X	
Months 25-27	Talk about how worrying can affect physical	28	Family Health		X							
Months 25-27	Talk about how to have enjoyable family	30	Caring for Toddler		X		X	X				
Months 25-27	Suggest snacks to prevent "hunger tantrums."	32	Caring for Toddler		X		X					
Months 25-27	Talk about how to keep child safe in and	34	Caring for Toddler	X			X	X			X	
Months 25-27	Encourage toddler's self-help skills.	36	Caring for Toddler		X		X	X				
Months 25-27	Ask about communication with child's	38	Caring for Toddler				X	X		X	X	X
Months 25-27	Talk about how to cope with tantrums and out-	40	Caring for Toddler	X			X	X				
Months 25-27	Discuss the value of giving toddlers limited	42	Caring for Toddler				X	X				
Months 25-27	Give parents alternatives to saying "no."	44	Caring for Toddler				X	X				
Months 25-27	Help parents deal with toddler's fear of	46	Caring for Toddler		X		X	X			X	
Months 25-27	Explain what new skills toddler is likely to	48	Toddler's Development				X	X				
Months 25-27	Continue to promote parents' observation and	50	Toddler's Development				X	X	X			X
Months 25-27	Talk about toddler's new motor skills.	52	Toddler's Development		X		X	X	X			
Months 25-27	Encourage daily book time with toddler.	56	Toddler's Development				X	X				
Months 25-27	Talk about supporting toddler's ability to	58	Toddler's Development				X	X				
Months 25-27	Encourage using songs, rhymes, and	60	Toddler's Development				X	X				
Months 25-27	Summarize and preview toddler's upcoming	62	Toddler's Development				X	X	X			
Months 25-27	Talk with family about toddler's social-	66	Toddler's Development				X	X	X			
Months 25-27	Discuss underlying needs in toddler's	70	Toddler's Development				X	X	X			
Months 25-27	Talk about different responses children have	72	Toddler's Development	X			X	X				
Months 25-27	Discuss value of helping toddler put feelings	74	Toddler's Development				X	X				
Months 25-27	Talk about ways to help toddler learn to wait.	76	Toddler's Development				X	X				
Months 25-27	Ask how toddler deals with the loss of special	78	Toddler's Development		X		X	X		X		
Months 25-27	Encourage parents to offer a variety of	80	Toddler's Development				X	X			X	
Months 25-27	Talk about upcoming changes in cognitive	82	Toddler's Development				X	X	X			
Months 25-27	Talk about toddler's play skills and why play	86	Toddler's Development				X	X	X			
Months 28-30	Review keys to success and identify areas to	96	Family Development		X	X	X	X			X	X
Months 28-30	If a family member is deployed in the military,	98	Family Development		X		X	X		X	X	
Months 28-30	Encourage Dad/partner to help with household	100	Family Development		X		X	X				
Months 28-30	Help Dad/partner respond calmly when his	102	Family Development				X	X				
Months 28-30	Continue encouraging parents to further their	104	Family Development			X	X	X			X	
Months 28-30	Encourage Mom to use good hygiene	106	Family Health		X							
Months 28-30	Suggest family ask a pharmacist when they	108	Family Health		X							
Months 28-30	Discuss benefits of eating fruits and	110	Family Health		X	X						
Months 28-30	Discuss easy ways to add whole grains to	112	Family Health		X							
Months 28-30	Talk about how joy and gratitude can improve	114	Family Health		X		X				X	
Months 28-30	Brainstorm ways to simplify expectations and	116	Family Health		X		X				X	
Months 28-30	Talk about importance of family time for	118	Family Health		X		X				X	
Months 28-30	Ask about toddler's interest in self-feeding.	120	Caring for Toddler		X		X	X				
Months 28-30	Explain the importance of playground safety.	122	Caring for Toddler	X			X	X	X		X	
Months 28-30	Discuss ways to help a "slow starter" get	124	Caring for Toddler				X	X		X		
Months 28-30	Ask if toddler has any fears and discuss how	126	Caring for Toddler				X	X				
Months 28-30	Help parents support shy toddlers.	128	Caring for Toddler				X	X			X	
Months 28-30	Help parents encourage toddler even when	130	Caring for Toddler				X	X	X			
Months 28-30	Help prepare toddler if new baby is coming.	132	Caring for Toddler				X	X		X		
Months 28-30	Talk about structuring the environment to help	134	Caring for Toddler	X			X	X				
Months 28-30	Explain what new skills toddler is likely to be	136	Toddler's Development				X	X	X			
Months 28-30	Continue to promote parents' observation and	138	Toddler's Development				X	X	X			X
Months 28-30	Talk about choosing good books for toddlers.	140	Toddler's Development				X	X			X	
Months 28-30	Explain that learning about parts of words is	142	Toddler's Development				X	X				
Months 28-30	Explain how giving toddler choices builds his	144	Toddler's Development				X	X				
Months 28-30	Encourage the telling of family stories.	146	Toddler's Development				X	X			X	
Months 28-30	Encourage different ways parents can be	148	Toddler's Development				X	X				
Months 28-30	Help parents understand how toddlers can	150	Toddler's Development				X	X				
Months 28-30	Help the parents appreciate toddler's struggle	152	Toddler's Development				X	X				
Months 28-30	understand others' feelings.	154	Toddler's Development				X	X				
Months 28-30	Continue discussion of social-emotional well-	156	Toddler's Development		X		X	X	X			
Months 28-30	Support parents' sensitivity to toddler's	158	Toddler's Development		X		X	X		X	X	
Months 28-30	Encourage parents to use their kitchen to	160	Toddler's Development	X	X		X	X				
Months 28-30	Talk about encouraging toddler's persistence	162	Toddler's Development				X	X				
Months 31-33	Identify and promote special talents in the	170	Family Development		X				X		X	
Months 31-33	Help the family feel empowered to make their	172	Family Development	X	X	X						X
Months 31-33	Help the family stay safe during arguments.	174	Family Development	X								
Months 31-33	Discuss the value of having close friendships.	176	Family Development		X						X	
Months 31-33	Encourage Dad/partner to help his child learn	178	Family Development				X	X				
Months 31-33	Help Dad/partner understand the impact of	180	Family Development				X	X		X		
Months 31-33	Explain difference between credit and debit	182	Family Development			X						
Months 31-33	Consider the effects of living with a family	184	Family Health	X	X		X					
Months 31-33	Ask about plans for having another baby.	186	Family Health		X	X	X	X				
Months 31-33	Help family plan and prepare for natural	188	Family Health	X			X				X	
Months 31-33	Discuss ways to prevent food poisoning.	190	Family Health		X							
Months 31-33	Suggest planting a small vegetable garden as	192	Family Health		X			X			X	
Months 31-33	Talk about how to find peace and joy during	194	Family Health		X	X	X				X	
Months 31-33	guides decision making.	196	Family Health	X	X		X	X	X			
Months 31-33	Talk about ways to increase family protection	198	Family Health	X			X				X	
Months 31-33	Teach healthy food choices when eating out.	200	Caring for Toddler		X							
Months 31-33	Ask about child's changing sleep patterns	202	Caring for Toddler		X		X	X				
Months 31-33	Discuss finding and preparing for preschool.	204	Caring for Toddler	X	X	X	X	X	X	X	X	X
Months 31-33	Ask what kind of parent they want to be.	206	Caring for Toddler				X	X				
Months 31-33	Explain value of "being held in another's	208	Caring for Toddler				X		X			
Months 31-33	Help parents deal with any unrealistic	210	Caring for Toddler	X			X	X	X			
Months 31-33	Ask about family's methods of discipline and	212	Caring for Toddler				X	X				
Months 31-33	Explain what new skills toddler is likely to be	214	Toddler's Development				X	X	X			
Months 31-33	Continue to promote parents' observation and	216	Toddler's Development				X	X	X			X

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Months 31-33	Describe how children learn to tell the	218	Toddler's Development				X	X				
Months 31-33	Explain how homemade books help toddler	220	Toddler's Development				X	X		X	X	
Months 31-33	Help parents appreciate toddler's capacity to	222	Toddler's Development				X	X				
Months 31-33	Discuss why toddler sometimes falls apart	224	Toddler's Development				X	X				
Months 31-33	Discuss toddler's emotions and how they can	226	Toddler's Development				X	X				
Months 31-33	Talk about toddler's need for comfort when	228	Toddler's Development		X		X	X				
Months 31-33	Explain how active play helps toddler's	230	Toddler's Development		X		X	X	X			
Months 31-33	Encourage parents to play games that	232	Toddler's Development				X	X				
Months 31-33	Talk about how to support toddler's creativity.	234	Toddler's Development				X	X				
Months 31-33	Help parents understand how to promote	236	Toddler's Development				X	X				
Months 34-36	Review the family's accomplishments toward	244	Family Development		X				X			X
Months 34-36	If a family member is incarcerated, offer	246	Family Development				X			X		
Months 34-36	Encourage the family to maintain special	248	Family Development		X						X	
Months 34-36	Encourage Dad/partner to share family	250	Family Development				X	X			X	
Months 34-36	Use family's dreams and goals to plan next	252	Family Development			X			X			
Months 34-36	Review dangers of drinking and driving.	254	Family Health	X								
Months 34-36	Ask about heart disease in the family.	256	Family Health		X							
Months 34-36	Talk about ways to have more family meals	258	Family Health		X		X	X				
Months 34-36	Talk about how to make the healthiest fast	260	Family Health		X							
Months 34-36	Talk about how a spiritual connection can be	262	Family Health		X						X	
Months 34-36	Promote family connectedness by talking	264	Family Health		X		X				X	
Months 34-36	Talk about how endings can offer new	266	Family Health		X				X	X		
Months 34-36	Encourage a positive attitude toward food and	268	Caring for Toddler		X		X	X				
Months 34-36	Talk about trike safety and the importance of	270	Caring for Toddler	X			X	X				
Months 34-36	Talk about appropriate expectations for	272	Caring for Toddler				X	X				
Months 34-36	Ask about child's progress with learning to	274	Caring for Toddler		X		X	X				
Months 34-36	Discuss how parents support their toddler	276	Caring for Toddler				X	X	X			
Months 34-36	Help parents plan to celebrate toddler's 3rd	278	Caring for Toddler	X	X	X	X	X			X	
Months 34-36	Talk about the use of "time out."	280	Caring for Toddler				X	X				
Months 34-36	Help parents model respectfulness with	282	Caring for Toddler				X	X				
Months 34-36	Explain what new skills toddler is likely to	284	Toddler's Development				X	X	X			
Months 34-36	Continue to promote parents' observation and	286	Toddler's Development				X	X	X			X
Months 34-36	Explain how shared reading supports	288	Toddler's Development				X	X				
Months 34-36	Discuss why toddler needs practice "reading"	290	Toddler's Development				X	X				
Months 34-36	Suggest asking questions to help toddler use	292	Toddler's Development				X	X				
Months 34-36	Help parents understand the value of	294	Toddler's Development				X	X			X	
Months 34-36	Explain how toddlers learn to care for others.	296	Toddler's Development		X		X	X			X	
Months 34-36	Discuss the value of supporting toddler's	298	Toddler's Development				X	X				
Months 34-36	Help parents appreciate toddler's growing	300	Toddler's Development	X			X	X	X		X	X
Months 34-36	Help parents understand why toddlers show	302	Toddler's Development				X	X				
Months 34-36	Discuss ways to help toddler feel emotionally	304	Toddler's Development	X			X	X				
Months 34-36	Continue discussion of social-emotional well-	306	Toddler's Development				X	X	X			
Months 34-36	Encourage family to promote toddler's sense	308	Toddler's Development		X		X	X				
Months 34-36	Talk about appropriate toys for 3-year-olds.	310	Toddler's Development	X		X	X	X	X			
Months 34-36	Talk about fun learning with water play.	312	Toddler's Development	X			X	X				