



Today's Weight _____

Today's Height _____

Your 2 Year Old

Two year olds like to be independent. They are very “me” centered using words like “mine” and “no”. They are not ready to share. Their emotions can change frequently, going from excitement to anger, to laughter within a few moments. They spend a great deal of time exploring, pushing, pulling, filling, dumping and touching. Know how to handle temper tantrums by remaining as calm as possible. Begin to help your child name their feelings.

Here are some questions to help us know more about your baby’s development. Please check those things you KNOW your child is doing!
Does your two year old....

- Turn pages of a book?
- Walk upstairs?
- Scribble with crayons or markers?
- Stack 3-4 objects?
- Name at least a few pictures in a book?
- Feed self with spoon?
- Use 30-50 different words?
- Say 2-3 word sentences?
- Copy you if you do something like comb your hair?
- Kick a ball?
- Throw overhead sometimes?
- Run without much falling?
- Try to figure out how to get something they cannot reach? (like stand on a chair)
- Point to some body parts?
- Show feelings . (like get mad when they are asked to share a toy?)

Remember that this is not a TEST and that all children develop and learn at different rates and times.

Do you have any worries about your child’s development? _____

Ideas to help your Two Year Old Learn and Grow...

Play

- Encourage creative play like letting your child dress up in costumes or “grown ups” clothes.
- Let your child imitate you by helping with simple chores.
- Encourage your child to explore their senses through playing with sand, clay and water.
- Provide paper and paints or crayons so that your child can begin to draw.
- Allow your child to learn about “cause and effect.” Give them objects that they can put into containers and dump out.

To expand your child's creativity and imagination, offer lots of play time.

Talk and Read

- Read aloud to your child everyday. Encourage your 2 year old to look at picture books and name some of the things s/he needs.
- Name objects that are in your child's environment such as: “There's the airplane...”
- Let your child have many chances to talk. It helps to ask them questions like “What would you like to eat for lunch?”

Your two year old's language is really growing. Do everything possible to encourage language development.

Provide a Safe and Loving Environment

- Establish a routine with meals, naptime and bedtime.
- Show affection and give praise
- Make sure your child understands simple rules
- Give your child time to change activities. Moving from one activity to another is often difficult for two year olds.
- Be prepared to deal with temper tantrums.

Setting limits and establishing routines helps your child know what is expected of them. This will help them feel more secure.

Your child watches you. Use behavior you want your child to imitate!

Resources:

For information on resources to help you with playgroups, childcare, or support around behavioral issues and other parenting concerns call:

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| • BANANAS (Northern Alameda County) | 658-7353 |
| • 4 C's (Southern Alameda County) | 582-2189 |
| • Childcare Links (Tri Valley area) | 925-417-8733 |
| • Parental Stress | North County, 893-9230 |
| | Hayward, 562-0148 |
| | Fremont, 790-3803 |
| • Alameda County Public Health Clearinghouse | 1-888-604-4636 |

If your child has a disability and you need support call:

Family Resource Network
510-547-7322

Every Child Counts
1100 San Leandro Blvd. Suite 120
San Leandro, California 94577
(510) 875-2400

