

# Child Care Health Partnership Parent Handout – 2 year old

## **PARTNERSHIPS**

*You are your child's first teacher. Parents will be viewed as partners and treated with respect.*

- Provide your child words for their feelings.
- Your child will enjoy helping you with simple everyday tasks.
- Ask your child's caregiver for help in finding programs if your family needs supports such as financial help, food assistance or other resources.

## **GUIDANCE**

- Two-year-olds need a considerable amount of time to change activities.
- Your child's caregiver will prepare your child for transitions during the day. For example, "you have 5 minutes before it is time to clean up."
- Consistency is key. If children are guided to follow simple rules consistently, they are much more likely to understand and follow them.
- When possible, your child's caregiver will offer your child choices. "Do you want to put the toys in the basket or in the box?"
- Your child's caregiver will praise your child's efforts and successes by speaking specifically about what your child did right and reinforcing their positive behavior immediately after it happens.

## **Learning through Play**

- Play is fun, not work.
- By playing "follow the leader" or similar games, your child's caregiver will teach your child to follow simple directions.
- Your child will enjoy simple stories, rhymes and songs.
- Two-year-olds enjoy messy play and learn a great deal from mixing, sifting, pouring, stirring and shaping sand, mud, and clay. Please make sure that your child has an extra set of clothes each day.

## **Toilet Training**

- Your child's caregiver will support you in toilet training your child. Some signs that your child is ready include:
  - Dry for 2 hours
  - Knows if they are wet or dry
  - Can pull their pants down and up
  - Wants to learn
  - Can tell you if they are going to have a bowel movement

## **PHYSICAL DEVELOPMENT**

### *Fine motor development*

- Your child will bring home "artwork" that shows their interest in scribbling with crayons and painting with a chubby paint brush.
- Your child's caregiver will provide opportunities for your child to practice stringing large beads. Beads will be large enough so that they are not a choking hazard.

### *Gross motor development*

- Your child will be able to walk up and down stairs by themselves.
- Toys in the room will promote your child's desire to push, pull, collect, gather, give, hide, seek, stack, fill and dump.

## **Relationships**

- Your child will be very possessive. It is typical development for your child to offer toys to other children and then want them back.
- Your child's caregiver is aware that two-year-olds are capable of frequent tantrums, which are often a result of their inability to express his thoughts or his needs.
- As your child begins to show signs of independence, they will be using the word "no" quite a bit.
- Your child's caregiver will reinforce the relationships in your child's life by talking about familiar objects and people.
- Your child is showing more interest in other children. Soon, they will engage in simple games with other children.
- Your child will like having a daily routine.

## **Literacy & Language**

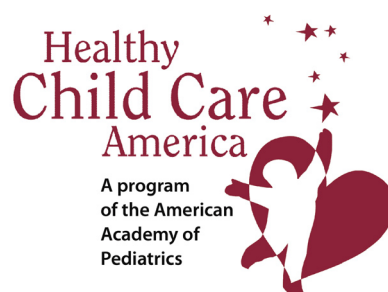
- Carries around a favorite book and pretends to "read" it to you.
- By singing songs, such as "Old MacDonald," your child will learn sequences.
- Your child will repeat words that they hear in child care and at home.
- Your child's caregiver will encourage your child to talk about events in their lives. Two-year-olds will confuse words like yesterday and tomorrow.
- Your child should be talking in short sentences.

## Healthy Active Living at Home

- Two-year-olds typically need 2-3 healthy snacks a day.
- Give your child some control by letting them choose between two different (and nutritious) foods. Let them decide when they are done.
- Eat by example. Let your child see you making healthy eating choices.
- Instead of preparing separate meals for your child, have your child join the family meal and offer 3-4 healthy choices, including ones your child likes.
- Encourage your child to drink water if she is thirsty.
- Limit juice to no more than 4–6 ounces a day. Consider adding water to the juice or offer fresh fruit instead of juice.
- Make sure that everyone who cares for your child gives healthy foods and avoids sweets.
- Food should not be used as a reward or punishment.
- Remember that your toddler's tummy is still tiny and it is better to give him small amounts of food rather than large amounts. If he is still hungry, you can always offer him more healthy food.
- Encourage your child to drink water if she is thirsty. Babies and toddler who are offered water often and early on are more likely to enjoy water as older children. Water is inexpensive and available everywhere! Ways to encourage your child to enjoy water:
  - Allow him to fill his own cup from the faucet
  - Add slices of fruit to the water to change appearance and taste
  - Use food coloring to match the water to his favorite outfit, toy or character
- Limit TV, video, and video game time to no more than 1–2 hours each day.
- Avoid placing a TV in your child's bedroom.
- Remember that "special times" do not have to involve food or sedentary activities.
- Use things other than food or TV time as rewards.
- Be active together as a family. Make sure your child has the opportunity and is encouraged to be active at home, at child care, and with sitters.
- Toddlers by nature are movers and shakers. It is important to set aside time for him to be active every day. Ideas for active play:
  - Dance with her
  - Jump up and down
  - Play hide and seek
  - Ring around the rosy
  - Kick or roll balls
  - Act like animals
  - Follow the leader
- Focus on reading together, which is lots of fun and can be integrated with your bedtime routine.

## Questions to Ask Your Child's Pediatrician

- "How do I handle a picky eater?"
- "How many words should my child know by now?"



The HCCA campaign continues to be funded through the Child Care and Health Partnership Grant (Grant #U46MC04336) from the Office of Child Care and the Maternal and Child Health Bureau.