

24-Month Visit



PEDIATRIC CARE • SUPPORTING • PARENTING
A Program of ZERO TO THREE

Language

Two-year-olds love imaginary play. They are getting better and better at pretending. Give your child lots of playtime with dolls, stuffed animals, and toy cars or trucks. All toys are appropriate for all toddlers regardless of gender. (But beware of small parts and sharp edges.) Watch what they do and follow their lead. If they give a doll a bottle, say, "Your baby likes it when you feed him." If they say, "Vroom, vroom" while playing with cars, say, "Vroom, vroom," too. Then add to the story. Say, "I'm driving to the store to get some milk." or ask, "Where are you going?"



Science and Math

Young children are little scientists. They constantly notice things. This is the beginning of the important science skill of observation. Help your child pay attention with their senses. Point out the way things look, feel, taste, smell, and sound. When you take walks with your child, talk about what you see. Say, "Look, there is a tulip sprouting." During meals ask questions about how the food looks or tastes.



Managing Feelings

Need a helper around your house? Think of your two-year-old. They love to help.

When you need a tissue or a pillow, ask your child to get it. Give small chores such as putting the silverware out or wiping the table. Be sure to model good manners by using "please" and "thank you." Letting your child help builds their self-esteem and confidence.





Problem-Solving

Did you ever get a gift box and have to guess what was in it? Play this game with your toddler: Put familiar objects into an old pillowcase when they're not looking. Use something your child plays with often, like a ball or toy car. Close the top of the pillowcase and see if they can guess what's inside. Let them touch the pillowcase, shake it but not look inside. This game builds important thinking and prediction skills.



Physical Skills

Toddlers love jumping, and at age two they are learning to jump using both feet together. Draw big, colorful circles on the sidewalk with chalk. Ask your toddler to jump in the *green* circle, then the *red* circle. Jump with them and say, "I'm jumping into the *blue* circle now."



Art and Music

When the weather is warm, fill a bucket with water, grab old paint brushes and head outside. Toddlers love to paint lines or other designs on the sidewalks, walls and fences. Describe the marks your child is making: "Look, that's a *thick* line. Can you make a *big* circle?" Brushes and water are fun and there's no clean up.



Good books to read at this age:

- *Freight Train* by Donald Crews
- *Gossie & Gertie* by Olivier Dunrea
- *You Can Do It Too!* by Karen Baicker
- *The Napping House* by Audrey Wood