



THE TWO YEAR OLD

DEVELOPMENT

- Kicks a ball and can throw it overhand
- Walks up stairs and backwards
- Stacks 2-3 blocks
- Removes some clothing
- Independently feeds himself
- Combines 2-3 words and names objects
- Tells first name

EATING

Your child may eat any food he wants except small, hard foods that could cause choking. Remember, most children will rarely choke when sitting in a highchair, only when eating and moving at the same time (walking or running). A serving size for most children this age is only 2-3 tablespoons. Many children prefer the same foods every day. This is fine, as long as the foods are healthy and include milk products, grains (cereal, oatmeal, bread), protein (meat, beans, nut butters) fruit or juices, and vegetables.

PLAY

- Picture books and simple stories, poetry and rhymes
 - Remember your public library has children's books and CDs.
- Crayons and lots of paper; puzzles and wooden blocks
- Parks and playgrounds
 - climbing and swinging provide wonderful entertainment; two year olds love short hikes

BEHAVIOR

Encourage developing independence and give choices whenever possible (example: Do you want to wear the red shirt or the blue shirt?) More choices = less frustration and anger.

Communication is still limited, so expect some frustration and temper tantrums. Sit down, talk, and listen to your child face to face at their eye level. Recommended books for parents: [Ain't Misbehavin'](#) by Alyson Schafer and [How to Talk So Kids Will Listen and Listen So Kids Will Talk](#) by Faber. Security objects are still very important (blankets, dolls, teddy bears, thumbs). Do not be surprised if your child wants to carry his blanket everywhere. These security objects will help comfort your child through real and imaginary fears, bumps, and scrapes.... and bedtime.

SLEEP

Children can change from the crib to a bed this year. A bedtime routine is important (bath, brush teeth, story). Routines add security and help your child accept bedtime limits. Nightmares are common and a few minutes of parental comforting usually works.

SAFETY

A two year old's increasing physical abilities of running and climbing along with their wonderful curiosity can place them in dangerous situations. Close supervision is the best prevention. Never leave a child alone near water or in the back yard. Continue to use your car seat until age four. Poison Control at Vanderbilt 1-800-222-1222.

NEXT CHECK UP IS AT THREE YEARS.