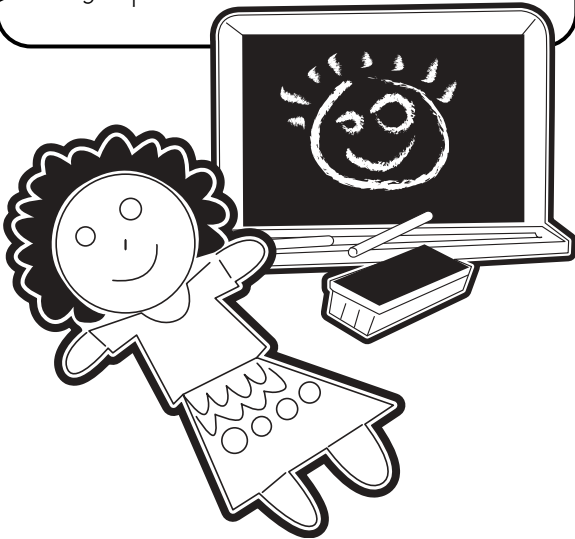


# Good toys

for a 2 year old:

- Toys with pieces he can build with  
or fit together
- Toys with shapes to be matched
- Dolls
- Chalk for the sidewalk or chalkboard
- Play-dough or clay
- Finger paints



Your child can choke on any toy or part of a toy that is small enough to fit through a toilet paper roll. Make sure all toys are bigger than this.

Have you heard about the “Terrible Twos”?

2 year olds can be a lot of work! Turn the “Terrible Twos” into the “Terrific Twos” using these tips:

- Give your child toys that are right for her age.
- Stick to a daily routine. Keep activities, mealtimes, and bedtimes the same.
- Make sure she gets plenty of sleep.
- Make healthy foods and avoid junk foods.
- Set clear rules and be sure that she understands them.
- Don't give her a choice if she really doesn't have one: Say "It's bedtime!" instead of "Do you want to go to bed now?"
- Do not expect her to behave for long periods of time in adult places, such as restaurants.
- Don't say "no" to her just because giving her what she wants would be more work.
- Give her lots of warning before changing activities.

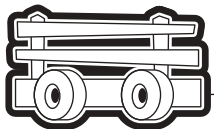


# 2 Child Development - Years Old



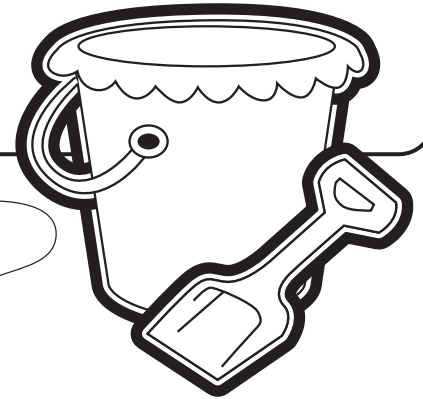
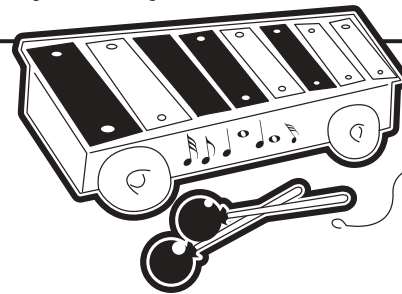
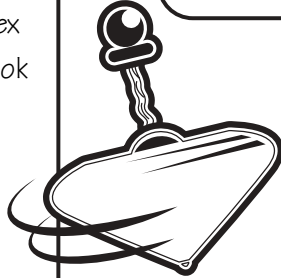
## Your child may be able to:

- ▶ Walk backwards or sideways while pulling something
- ▶ Go up and down stairs using the handrail
- ▶ Throw
- ▶ Jump on the spot
- ▶ Understand and carry out more complex requests ("Will you please get the book from your room and bring it here")
- ▶ Point to 8 body parts
- ▶ Name pictures in a book
- ▶ Say 50 different words or more
- ▶ Say 2 words in a row
- ▶ Scribble in circles
- ▶ Copy adults
- ▶ Play simple make-believe games (make-believe talking on the phone)
- ▶ Get undressed



## You can help your child develop with these activities:

- ▶ Read books with lots of pictures
- ▶ Give him time and space to move around, run, jump, climb
- ▶ Teach him to put away his toys when he is done playing with them
- ▶ Play games with him every day
- ▶ Give him time to play alone using his imagination



## You can help your child learn to speak with these activities:

- ▶ Teach her names of colours, animals and animal sounds.
- ▶ Speak to her slowly and clearly.
- ▶ Look at her while you speak.
- ▶ Expand on her sentences. Add a word or two, or an interesting comment.  
**Child:** Carrot fell. **Parent:** Yes, the carrot fell. Let's get another one.
- ▶ Read with her every day. Use cereal boxes, signs, or shopping lists.

