

# Twos



*A child development checklist and tips booklet*



This booklet was a project of the Pinellas Early Childhood Collaborative and was written by early childhood professionals in the community. The project was funded by a grant from the Juvenile Welfare Board.

The booklet is one in a series of resource booklets on child development. The series contains:

- **Infants**
- **Ones**
- **Twos**
- **Threes**
- **Fours**

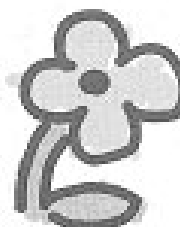
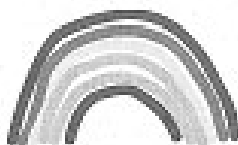
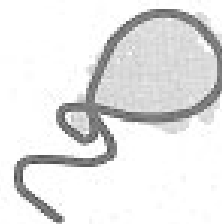
To obtain booklets in this series please call 727-547-5800.



Early Learning Coalition



of Pinellas County, Inc.





# Introduction

## Starting Out

You are your child's first and most important teacher.  
Every day, your child is learning as you talk, play, and interact together.

Child development is a combination of age, individual growth, and experience. Your child will develop at his/her own rate; however, your involvement will promote optimal development.

Your child will learn by doing. Play is an essential part of learning. Your child learns best when involved in activities that are interesting and fun.

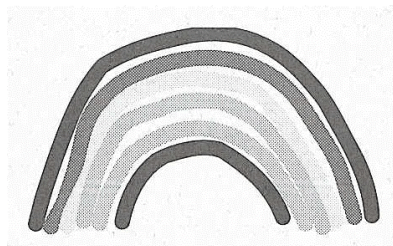
This booklet is designed to help you look at your two year old child's physical, social, emotional, and cognitive (concept and language) development.

It provides checklists and tips to help guide you as you interact and play with your child.

The checklists contain items that are important to your child's ongoing development. These checklists are designed for two year olds and the criteria for many items on the checklists should not be applied to children younger than two years of age.

This booklet is one in a series of resource booklets on child development. The series also contains a booklet on infant, one year old, three year old, and four year old development.

To obtain any of the other booklets in this series, please call 727-547-5800.



# Brain Research

## Brain Development

Your child was born with 100 billion brain cells. These cells need to be stimulated in order for your child's brain to properly develop the pathways of learning that will be used throughout his/her life. Activities that are done over and over by repeated early experiences form permanent learning pathways in the brain. Without these activities or experiences the learning pathways do not develop. When a learning pathway is not used, it often tends to disappear.

Two year olds love playing games, hearing stories, and singing songs over and over again. This repetition helps the brain form permanent pathways which shape the way the child learns, thinks, and behaves for the rest of his/her life. Therefore, it is critical to provide a positive physical and emotional environment to stimulate and reinforce brain growth.

Children who receive warm and responsive care feel safe and secure. These secure attachments are the foundations for the development of self-image, emotions, behavior and learning. The importance of your role as parent cannot be underestimated.

### ***Parents can help this process by:***

- Providing opportunities to look at, touch and handle a variety of toys, textures and colors.
- Singing songs, playing rhyming games, and listening to different kinds of music to stimulate the part of the brain that is used for math and reading later in life.
- Showing an interest in what your child is doing and experiencing.
- Naming, counting and describing objects, asking questions and talking to your child often.
- Identifying sounds that your child hears, talking in sentences, and reading to your child.
- Modeling calmness and happiness; prolonged stress or traumatic experiences are linked to learning and developmental problems.
- Offering a variety of nutritious snacks and always having water available.

***For additional information and ideas for working with your two year old, please read on!***



# Reading and Writing

## DOES YOUR CHILD...

	Yes	Not Yet
...enjoy listening to stories and looking at picture books?	<input type="checkbox"/>	<input type="checkbox"/>
...enjoy talking about and pointing to pictures in books?	<input type="checkbox"/>	<input type="checkbox"/>
...know how to hold a book, turn the pages and pretend to read?	<input type="checkbox"/>	<input type="checkbox"/>
...use crayon/markers for “pretend writing”?	<input type="checkbox"/>	<input type="checkbox"/>
...use chalk to write/draw on a sidewalk?	<input type="checkbox"/>	<input type="checkbox"/>
...paint/draw on an easel?	<input type="checkbox"/>	<input type="checkbox"/>

## Reading and Writing Tips

Reading aloud together is the most important activity to prepare your child to succeed as a reader. Reading aloud helps develop language and listening skills.

### *Parents can help this process by:*

- Having fun while reading to your child every day. Hold your child on your lap or sit side by side to make sure your child can see the pictures and words in the book.
- Allowing your child to pick out stories to have read to them. Remember young children learn through repetition. It's okay if they pick the same book every time.
- Talking about the pictures as you read and asking questions about the story.
- Choosing books about familiar things with repetitive lines, rhymes, pictures, and few words.
- Taking time to answer questions while you are reading a story.
- Letting your child be the reader (teller) of one of his/her favorite books.
- Visiting the library with your child and allowing him/her to pick out books.
- Pointing out familiar words to your child that he/she sees regularly (e.g., restaurant signs, food packages).
- Talking about what you are writing when you write in front of your child (e.g., “I am writing a grocery list.”).
- Providing finger-strengthening activities for writing by having your child wring washcloths, squeeze sponges, squish and mold wet sand or playdough.
- Letting your child imitate you as you make circular strokes and lines using crayons, markers, paints, pencils and paper.

# Language Development

## DOES YOUR CHILD...

	Yes	Not Yet
...use two or three words together?	<input type="checkbox"/>	<input type="checkbox"/>
...say his/her name and age?	<input type="checkbox"/>	<input type="checkbox"/>
...name familiar toys, people, and objects?	<input type="checkbox"/>	<input type="checkbox"/>
...repeat familiar nursery rhymes, songs, or stories?	<input type="checkbox"/>	<input type="checkbox"/>
...speak so that other people can understand him/her some of the time?	<input type="checkbox"/>	<input type="checkbox"/>
...follow simple directions (e.g., "Bring me your shoes.")?	<input type="checkbox"/>	<input type="checkbox"/>
...answer simple "what" questions?	<input type="checkbox"/>	<input type="checkbox"/>
...name main body parts?	<input type="checkbox"/>	<input type="checkbox"/>
...use sentences of three or more words?	<input type="checkbox"/>	<input type="checkbox"/>

## Language Development Tips

Children learn to talk by being surrounded with language. Parents can support the development of language by reading, talking, and listening to their child every day.

### ***Parents can help this process by:***

- Having conversations with your child.
- Talking about what you and your child are doing during the day.
- Singing songs, reciting nursery rhymes, and playing games (e.g., "Twinkle, Twinkle Little Star"; "Hokey-Pokey").
- Encouraging your child to use new words, instead of grunts or gestures.
- Expanding on your child's words (e.g., if your child says "pretty flower", you can say, "There is a pretty yellow flower.").
- Modeling good language and avoiding "baby talk" and profanity.
- Showing interest in what your child is saying. Make eye contact and repeat his/her words.



# Concept Development

## DOES YOUR CHILD...

	Yes	Not Yet
...point to body parts (e.g., eyes, ears, nose, knee, belly, hand, leg)?	<input type="checkbox"/>	<input type="checkbox"/>
...understand the concept of one and two (e.g., "Give me two crayons.")?	<input type="checkbox"/>	<input type="checkbox"/>
...separate some objects by color, shape, or texture?	<input type="checkbox"/>	<input type="checkbox"/>
...put rings or blocks in order according to size?	<input type="checkbox"/>	<input type="checkbox"/>
...play pretend games (e.g., use a block for a truck)?	<input type="checkbox"/>	<input type="checkbox"/>
...understand the meaning of in, out, up, down, under?	<input type="checkbox"/>	<input type="checkbox"/>
...seem curious and want to explore?	<input type="checkbox"/>	<input type="checkbox"/>
...imitate what you and others do?	<input type="checkbox"/>	<input type="checkbox"/>
...play with a favorite toy for extended periods of time?	<input type="checkbox"/>	<input type="checkbox"/>
...know his/her own name?	<input type="checkbox"/>	<input type="checkbox"/>
...completes a 3-6 piece puzzle?	<input type="checkbox"/>	<input type="checkbox"/>

## Concept Development Tips

Play is the best way for children to learn about themselves and their world. Play is the main activity for children.

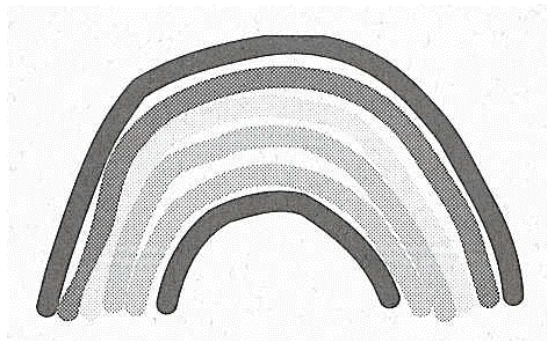
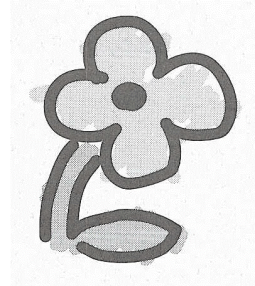
### ***Parents can help this process by:***

- Providing age appropriate toys which require thinking such as 3-6 piece puzzles, blocks, or sorting toys.
- Providing dress-up clothes and props (e.g., dishes, dolls, play food) to encourage pretend play.
- Using color, size, shape, and texture (smooth/rough) words that describe objects.
- Allowing your child to help sort clothes, silverware, toy pieces, etc.
- Giving your child many opportunities to touch, feel, see, smell, and hear things in the environment.
- Allowing your child to do things independently, but giving help when frustration occurs.



## Concept Development Tips (cont'd)

- Modeling problem solving by thinking aloud for your child (e.g., When helping with a puzzle say, “This piece looks too big; let’s try another one.”).
- Placing toys where your child can see and reach them such as on low, open shelves.
- Helping your child to put toys away in an organized manner (e.g., stacking rings together, pieces in puzzle).
- Allowing your child to try. Trial and error is a normal part of learning and problem solving.



# Social and Emotional Development

## DOES YOUR CHILD...

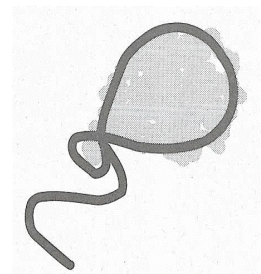
	Yes	Not Yet
...say "no" often?	<input type="checkbox"/>	<input type="checkbox"/>
...become possessive of certain toys or people (e.g., "my doll", "my mommy")?	<input type="checkbox"/>	<input type="checkbox"/>
...use words such as "mine" and "yours"?	<input type="checkbox"/>	<input type="checkbox"/>
...insist on doing some things without help?	<input type="checkbox"/>	<input type="checkbox"/>
...show interest in other children?	<input type="checkbox"/>	<input type="checkbox"/>
...give hugs to show affection and show concern for the feelings of others?	<input type="checkbox"/>	<input type="checkbox"/>
...begin to feed and rock a doll/stuffed animal?	<input type="checkbox"/>	<input type="checkbox"/>
...enjoy helping?	<input type="checkbox"/>	<input type="checkbox"/>
...express a wide range of emotions (e.g., excitement, anger, frustration tantrums)?	<input type="checkbox"/>	<input type="checkbox"/>
...sometimes test limits and do the opposite of what you say?	<input type="checkbox"/>	<input type="checkbox"/>
...separate easily from Mom in familiar surroundings?	<input type="checkbox"/>	<input type="checkbox"/>

## Social & Emotional Development Tips

Saying "no", testing boundaries, and throwing tantrums may be characteristic of your child at this age. Your child is striving for more independence but may get frustrated with the results.

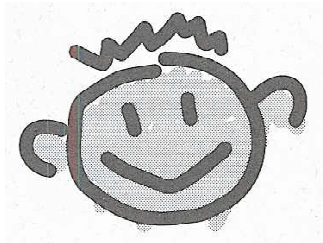
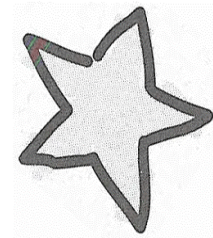
### ***Parents can help this process by:***

- Hugging your child to show affection. Reward appropriate behavior with specific praise (e.g., "You picked up your toys!").
- Responding to your child when he/she is unhappy or upset. Try talking, calming, holding, or sometimes even ignoring.
- Helping your child verbalize his/her feelings.
- Having routines (schedules) so your child knows what to expect and what will happen next.
- Being consistent with guidance. (e.g., A child who is not allowed to walk around with a cup of juice one day shouldn't be allowed to do it the next day).
- Understanding that your child may not want to share toys or your attention yet.
- Realizing your child is too young to sit still or stay with one activity for a long time.



## **Social & Emotional Development Tips (cont'd)**

- Allowing time for your child to do things independently, such as eating, dressing, and toileting.
- Redirecting your child's behavior by telling or showing him/her what is acceptable (e.g., saying, "We walk in the house," instead of "Don't run." Or if your child is tearing a book, give him/her an old newspaper to tear).
- Providing opportunities to be with other children and playing simple interactive games (e.g., "Ring-Around-the-Rosie", "London Bridge").
- Giving choices to help prevent conflicts, but making sure you can accept the choice (e.g., "Do you want to wear your blue shirt or green shirt?").



# Health and Safety

## DOES YOUR CHILD...

	Yes	Not Yet
...have a set routine and schedule for brushing teeth, taking a bath, sleeping, and eating meals?	<input type="checkbox"/>	<input type="checkbox"/>
...use good habits with adult help (e.g., washes hands after toileting and before eating, sits down to eat)?	<input type="checkbox"/>	<input type="checkbox"/>
...distinguish between things that can and cannot be eaten?	<input type="checkbox"/>	<input type="checkbox"/>
...eat a variety of nutritious foods daily in adequate amounts?	<input type="checkbox"/>	<input type="checkbox"/>
...regularly drink from a cup?	<input type="checkbox"/>	<input type="checkbox"/>
...spend more time involved in play than watching TV?	<input type="checkbox"/>	<input type="checkbox"/>
...understand and stay away from common dangers (stairs, glass, street)?	<input type="checkbox"/>	<input type="checkbox"/>

## Health and Safety Tips

### *Parents can help with this process by:*

- Making sure your child has regular medical checkups, up-to-date shots, and prompt medical attention if needed.
- Helping your child brush his/her teeth.
- Keeping a schedule that allows for plenty of active and some quiet periods.
- Taking your child outside daily for exercise and fresh air.
- Giving your child 12-16 ounces of low-fat or skim milk daily.
- Providing nutritious food/snacks in an appetizing and inviting way.
- Covering outlets, removing hazards, and childproofing inside and outside your home.
- Installing locks on doors, high enough so that your child cannot reach them, and keeping them latched.
- Checking smoke detectors frequently and providing flame retardant sleepwear.
- Posting 911, poison control center, and other emergency numbers on or near all your telephones.
- Keeping all medications in locked child resistant containers and out of reach of your child.



## Health and Safety Tips (cont'd)

- Placing your child in a properly installed car seat, in the back seat, whenever transporting your child. Your local fire department can check for proper installation.
- Choosing toys that are unbreakable, washable, non-toxic, and at least 2" in diameter.
- Supervising your child closely when he/she is near any water including buckets, toilets, wading pools, etc. Children can drown in less than 3 inches of water.
- Keeping a watchful eye on your child; never leaving your child home alone or unattended in a car.
- Keeping all guns out of your house or storing locked guns, unloaded and uncocked, in a locked container out of reach of your child. Store ammunition separately.
- Adjusting hot water heater to 115 degrees or less to prevent burns.
- Taking training in first aid and pediatric cardiopulmonary resuscitation (CPR).
- Limiting TV time. Doing so may reduce the risk of subsequently developing ADHD (Attention-Deficit Hyperactivity Disorder).



# Physical Development

## DOES YOUR CHILD...

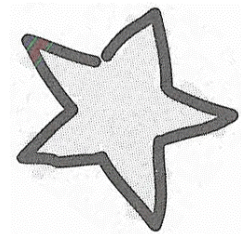
	Yes	Not Yet
...walk up stairs using alternating feet while holding onto a railing?	<input type="checkbox"/>	<input type="checkbox"/>
...catch a large ball using his/her hands and body?	<input type="checkbox"/>	<input type="checkbox"/>
...run fairly well without bumping into things and falling?	<input type="checkbox"/>	<input type="checkbox"/>
...kick a ball by swinging a leg forward?	<input type="checkbox"/>	<input type="checkbox"/>
...jump with both feet off the floor at the same time?	<input type="checkbox"/>	<input type="checkbox"/>
...help dress and undress him/herself?	<input type="checkbox"/>	<input type="checkbox"/>
...use a spoon and fork to eat?	<input type="checkbox"/>	<input type="checkbox"/>
...fill/dump and carry containers with sand, water, etc.?	<input type="checkbox"/>	<input type="checkbox"/>
...hold a crayon with thumb and fingers rather than a fist?	<input type="checkbox"/>	<input type="checkbox"/>
...use crayons to make lines and large circular strokes?	<input type="checkbox"/>	<input type="checkbox"/>
...turn the handle to open a door?	<input type="checkbox"/>	<input type="checkbox"/>
...show signs of being ready for toileting (e.g., showing a curiosity of the toilet; recognizing the need to use the bathroom; being able to tell an adult that he/she needs to use the toilet; being able to sit down or stand up at the toilet; caring when diapers or training pants are wet or dirty)?	<input type="checkbox"/>	<input type="checkbox"/>

## Physical Development Tips

The development of large and small muscles is important for children so they can use a variety of materials with their hands and move around their environment safely and with ease.

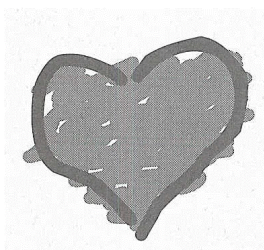
### ***Parents can help this process by:***

- Providing many opportunities for supervised outdoor play (e.g., swinging, climbing).
- Providing opportunities for your child to kick, throw, and catch balls.
- Playing simple games with your child such as “Ring-Around-the-Rosie”, “Hide-and-Seek”, and “Tag”.
- Providing non-motorized riding and peddling toys.
- Providing spray bottles, clothespins, and blocks to help develop small muscles.



## Physical Development Tips (cont'd)

- Providing opportunities for using two hands together (e.g., unscrewing jar lids, wringing out washcloths, pouring water from a pitcher).
- Providing opportunities to improve hand/finger strength (e.g., tearing paper, squeezing sponges, using tongs, playing with playdough).
- Providing opportunities for your child to use crayons and markers, holding them using fingers and thumb.
- Allowing children to paint or draw with a variety of materials (e.g., shaving cream, finger-paint, sand).
- Encouraging the development of self-help skills such as pulling pants up and down, putting on shoes, etc.
- Providing opportunities to drink from a cup without a lid.
- Being positive when your child has a toileting accident rather than scolding, spanking, or demeaning your child (e.g., say, "I can see you had an accident, that must feel uncomfortable. Let's go get dry clothes that you can put on.").
- Delaying toileting if your child does not make any progress in two weeks and trying again a few months later.



# Resources

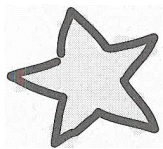
## Child Development

Call for information on:

- **concerns about my child's development**
  - Infant and Toddler Screenings ..... 727-767-4403
  - Preschool Screenings ..... FDLRS (Child Find) – 727-462-1588
- **concerns about my child's behavior** ..... Project Challenge 727-547-4212
- **parenting and child guidance**
  - Community Resources ..... (Helpline) 211
  - Public Libraries ..... (Check your phone book for listings)
  - Mary Faust Child Care Resource Library ..... 727-725-9778
  - Juvenile Welfare Board Library ..... 727-547-5670

***Additional information can also be found on web sites such as:***

familyeducation.com	parenthood.com
parentsoup.com	zerotothree.org
kidsgrowth.com	iamyourchild.org
rif.org	allkids.org



## Health and Safety



Call for information on:

- **A medical emergency** ..... 911
- **Poison control** ..... 1-800-222-1222
- **Car seat installation and safety, injury prevention** ..... 727-892-KIDS (892-5437)
- **Childproofing my home, water safety** ..... 727-898-SAFE (898-7233)
- **Medical services (low cost physicals, immunizations)**
  - Pinellas County Health Department ..... 727-824-6900
  - Community Health Centers of Pinellas ..... 727-821-6701
- **Low cost health insurance** ..... Florida Kid Care 1-888-352-5437

- **Infant/child first aid & CPR classes**
  - American Red Cross..... 727-446-2358
  - American Heart Association ..... 727-570-8701
- **Unsafe products or items that have been recalled** ..... 1-800-638-2772
- **Community resources (clothing, emergency shelter, stress, counseling)** ..... (Helpline) 211
- **Nutrition**
  - Cooperative Extension Service ..... 727-582-2100
  - WIC (Women, Childs, Children) ..... 727-824-6900
- **Reporting suspected child abuse/neglect** ..... 1-800-96A-BUSE  
(Calls remain anonymous)

## **Child Care**

**Call for information on:**

- **Locating childcare centers and homes**
  - Child Care Resource and Referral ..... 727-547-5750
- **Assistance in paying child care fees**
  - Coordinated Child Care ..... 727-547-5700
- **A provider's licensing history**
  - Pinellas County License Board..... 727-547-5800  
(Levels of compliance, complaints)