

# Begin now... Learn what I can do. I'm now 2 years old!

## Talk

I will surprise you with how many words I will learn this year! I will say lots of words, but I will sometimes need you to help others know what I am saying.

- I can use at least 100 words or more, and I can speak in 2 - 4 word sentences. Talking about where we are or what we are eating helps me learn more words.
- Naming things and singing songs with me will help me learn more words.
- I may start to answer some questions you ask. Give me some time to answer.
- I like looking at books, but I may not get through a whole story. Let me hold books and turn the pages.
- I can count to three.

## Play

I have lots of energy. I use my senses and body to explore. I want to do things on my own. Give me choices. Give me time to finish what I start. I will be happy when I can do new things on my own, and you will too!

- I like to climb and jump. I can walk up and down stairs with one foot on each step, holding onto the hand rail by myself. I still need you to watch me.
- Let's kick and toss a beach ball.
- I can start dressing and undressing myself more. I can wash and dry my hands before meals. I can also feed myself with a fork and spoon, and not spill as much. Pretend play is so much fun! I love to play dress-up or use familiar things like talking on a phone or putting a doll to bed.
- Play dough is great for making my hands and fingers stronger. Show me how to flatten and roll it, or cut with plastic knives and scissors.



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## Learn

I like to play next to other children, but I may still keep to myself. I am starting to know my feelings and the feelings of others. Help me cope with my feelings.

- Give me words to name my feelings. When you see me cry, tell me I look sad; and when I smile, tell me I am happy.
- I may have tantrums when I feel angry, or upset. Be patient and calm with me. Teach me ways to cope like hugging my teddy bear or coming to you for help.
- I may say “mine” more and not share easily.
- Help me learn new skills to get me ready for using the toilet or potty. Can I pull my clothes up and down? Teach me words for “peeing” or “pooping”. Read to me about using the toilet/potty.
- When I do small puzzles with 3 - 4 pieces, I feel proud. Tell me “well done!”.

Children are always learning to do new things as they move through different stages of development. As your child grows, contact Durham Region Health Department for more information.



HEALTH  
DEPARTMENT

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Durham Health Connection Line  
905-668-2020 or 1-800-841-2729  
durham.ca

If you require this information in an accessible format,  
contact 1-800-841-2729.

