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Ages and Stages: 2-Year-Olds

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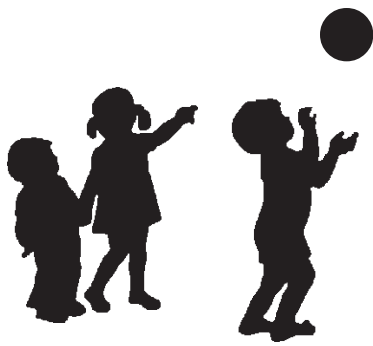


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AGES & STAGES

Two-year-olds like to be independent! Favorite words are “Mine” and “No” and “I do it!” A great deal of time is spent exploring, pushing, pulling, filling, dumping, and touching.

Physical development

- weight: 22-38 pounds
- height: 32-40 inches
- has almost a full set of teeth
- walks up and down stairs by holding onto railing
- feeds self with spoon
- experiments by touching, smelling, and tasting
- likes to push, pull, fill, and dump
- can turn pages of a book
- stacks 2-4 objects
- scribbles with crayons or markers
- many children (but not all) will learn to use toilet
- walks without help
- walks backwards
- tosses or rolls a large ball
- stoops or squats
- opens cabinets, drawers
- can bend over to pick up toy without falling

IDEAS FOR PARENTS

- Baby proof your house again. Your toddler is now taller and more skillful at opening doors and getting into mischief.
- Read aloud to your child every day. Use books with large pictures and few words.
- Try to expand your child's words. If Anna wants more juice, let her hear the correct word order, but don't demand that she imitate you. If she says “more juice,” say “Anna wants more juice.”
- Encourage your child to identify noises like the vacuum, tap water, dogs barking, thunder, airplane, and car.
- Let your child help you with simple chores such as picking up toys, or putting clothes in the laundry basket. Let your child name things you are using.
- Add new information to what your child is saying. “Yes that's a car, a big, red car.”
- Give toddlers clear and simple choices. “Do you want to drink milk or juice? Do you want to wear green or blue socks?”
- Know how to handle a temper tantrum
 - don't yell or hit the child,
 - remain calm,
 - talk in a soothing tone,
 - put your hand gently on the child's arm if possible.
- Do not expect toddlers to share or take turns. Right now they are focused on learning how to physically handle themselves and on learning to talk. Learning to share will come later.
- Provide spaces where toddlers can spend time alone. An old cardboard box or a blanket over a card table works great.



Mental development

- enjoys simple stories, rhymes, and songs
- uses 2-3 word sentences
- says names of toys
- hums or tries to sing
- enjoys looking at books
- points to eyes, ears, or nose when asked
- repeats words

Social and emotional development

- plays alongside others more than with them
- acts shy around strangers
- likes to imitate parents
- easily frustrated
- affectionate—hugs and kisses
- insists on trying to do several tasks without help
- enjoys simple make-believe like talking on phone, putting on hat
- very possessive—offers toys to other children, but then wants them back

Toys

- large blocks, pegboard
- toy telephone
- tricycle, rocking horse
- water and sand toys
- bubbles
- table and chairs, play dishes
- dress-up clothes
- shape sorters, 3-4 piece puzzles
- small and large balls
- doll with bottle and blanket
- cars and trucks (large)
- nursery rhyme tapes, books
- large crayons, blunt scissors
- stuffed animals, wooden animals

BOOKS



Books for parents

Your Baby and Child, From Birth to age Five, Penelope Leach

Caring for Your Baby and Child, Birth to Age Five, American Academy of Pediatrics, Steven P. Shevlov, ed.

Books for children

Sounds My Feet Make, Arlene Blanchard

Mr. Little's Noisy Truck, Richard Fowler

Harold and The Purple Crayon, David Johnson Leisk

Brown Bear, Brown Bear, What Do You See?, Bill Martin Jr.

Mouse Paint, Ellen Stoll Walsh

The Little Red House, Norma Jean Sawicki

The Best Behavior Series, Elizabeth Verdick

A word on development

Your child is unique. Children's learning and growth rates differ from other children their age. If, however, your child is unable to do many of the skills listed for a certain age group, you may wish to talk to an early childhood specialist. You are the best person to notice developmental problems, if any, because of the time you spend with your child. If your child has special needs, early help can make a difference. If you have questions about your child's development or want to have your child assessed, contact:

- Your pediatrician or health care professional
- Area Education Agency - Early Childhood Special Education Department
- Iowa Compass 1-800-779-2001

Contact your county extension office to obtain other publications about children, parenting, and family life.

The developmental information provided in this bulletin has been compiled from a variety of professional resources to help you understand your child's overall growth. It is not a standardized measurement tool.

Written by Lesia Oesterreich, extension family life specialist. Graphic design by Valerie Dittmer King.

File: Family life 8

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