

Milestones

2 to 3 year old children:

- Complete simple puzzles
- Can copy circles, squares, and a cross on paper
- Can cut a piece of paper in half
- Learn to use the toilet
- Start asking “when” and “why” questions
- Have increasing attention span
- Are learning where things (like toys) belong
- Follow 2-3 step directions
- Have improved vocabulary, but are still learning how to use and pronounce some words
- Become more social and make friends
- Like to help with household activities, such as cooking and cleaning
- Want to do things the “right” way
- Can sort things into categories, such as size, color, or shape
- Begin to share and take turns
- Start learning socially acceptable ways of expressing feelings



Remember, children develop at their own pace. If you have questions about how your child is growing, ask your health care provider.

Coping with Challenges

Parenting a toddler can be rewarding and fun, but it doesn’t come without challenges. If you find yourself feeling stressed and ready to lash out (physically or verbally) at your child, try one of these alternatives:

- Count to 10.
- Stop and breathe deeply.
- Call a friend or 211 (The Children’s Trust Helpline).
- Splash cold water on your face.
- If possible, arrange for some time alone; take a bath or go for a walk.
- Turn on some music.
- Is your child hungry, tired or thirsty? Are you hungry, tired or thirsty?

Resources

National Child Abuse Hotline
1-800-4A-CHILD (1-800-422-4453)

The Children’s Trust Helpline
211 or 305-631-4211



Healthy Start Coalition of Miami-Dade
701 SW 27th Avenue • Suite 1401
Miami, FL 33135

Phone: 305-541-0210 • Fax: 305-541-0213

www.hscmd.org

What to Expect: Your Child at 2 Years

Each day provides a new opportunity to love, teach, and encourage your child. The more you know about how children develop during the toddler years, the better you can take care of and support your child.



Healthy Start Coalition
of Miami-Dade

The toddler years are a busy time of growth and learning. Children between the age of 2 years and 3 years are learning much about both the world around them and how they fit into it.

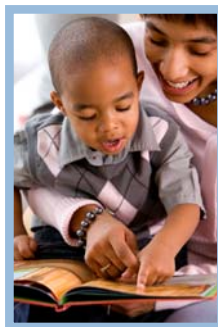
To help your child grow and learn, parents can provide:

- Routines: Through a daily routine, children can feel safe and know what to expect.
- Lots of patience, love and attention, including play, reading, and conversation.
- A safe home in which they can explore and play
- Freedom to learn and test strength and new skills
- Confidence and respect in independence and preferences
- Recognition of accomplishments and effort

Reading can spark a lifelong love of learning.

Try some of these tips:

- Read to your child every day.
- Let your child choose the story (even if it's usually the same one) and turn the pages.
- Talk about the pictures in the books.
- Visit your local library together often.
- Let your child "read" to you.



Play: The "Work" of Toddlers

It may be easy to overlook the importance of play, but it has great value to children and is critical to their development. Through play, children learn important lessons about how to function in the world.

Play helps children learn:

- To feel a sense of accomplishment
- What works and what doesn't work
- Mental and motor skills
- Problem solving
- Creativity
- How to negotiate, share and get along with other children



How can I help my child play?

- Safety-proof your home
- Have a variety of interesting play things; but, only offer one or two things at a time.

Simple, everyday objects make great play things and lead to imaginative play!

- Large and small cardboard boxes and tubes
- Large and small pieces of fabric
- Pots, pans, mixing bowls, muffin tins, measuring spoons & cups paired with water or dry pasta
- Sponges, funnels, sprayers, and squirt bottles

Discipline: The "Work" of Parents

Disciplining a toddler is a continuous task of teaching him how to control his own behavior, also known as "self-control." This involves setting limits and correcting misbehavior. Here are some tips that will help.



- Be calm, clear and consistent. Think of discipline as a continuous process, not separate events or reactions to behaviors.
- Model appropriate language, actions, and self-control. Children learn more from what they see than what they're told.
- Offer your child choices. For example, if your child doesn't want to get dressed, ask him if he wants to wear his blue shirt or green shirt.
- Say, "Let's do this instead," and show your child how. "We pet the kitty gently on the back, we don't pull her tail."
- Help your child learn and use words to express how and why he's upset. "You're sad because we're leaving the park."
- Help your child know what to expect. "After we eat dinner, we're going to take a bath and then brush our teeth." Routines are helpful.
- Try to look for the reason(s) behind your child's misbehavior. Validate your child's feelings and give direction for appropriate ways he can express them.