

# By 2 years...

## A child typically:

- ✓ Has fears like bed time, the toilet, or large animals
- ✓ Is pushy and whines
- ✓ Refuses to obey and often does the opposite of what you ask
- ✓ Wants everything her way or throw temper tantrums
- ✓ May insist on doing everything himself
- ✓ Show emotions such as fear, sympathy, modesty, guilt or embarrassment
- ✓ Enjoys it if he or she can upset you or make you angry, and may try to make this happen as much as he or she can
- ✓ Likes playing alone sometimes
- ✓ Likes to play *next* to other kids
- ✓ Does not understand how to share
- ✓ Likes to try new things when he or she knows you are nearby
- ✓ Copies the actions of others like driving, cooking, vacuuming, etc.
- ✓ Gets upset when you leave
- ✓ Uses simple phrases to tell you what he or she needs
- ✓ Says "no!" and "mine!" a lot



## What kind of behavior should I be concerned about?

- Rarely shows emotion or responds
- Is not interested in what other children are doing
- Is not able to calm down, even after a caregiver comforts for 15 minutes
- Needs constant contact with a caregiver
- Does not understand simple instructions
- Does not speak, or loses speech
- Speaks less than 15 words or does not speak 2-word sentences

## Things to help your TWO-YEAR-OLD with his or her social and emotional development:

- ✓ Have fun talking about different emotions by making faces together in a mirror
- ✓ Remember the "Terrible Twos" are children forming their own personality and identity (it's GOOD!)
- ✓ Don't tease your child about carrying a blanket or stuffed animal - these help him feel safe
- ✓ Listen to your child & be understanding, allow & help her to express fear, anger, & other emotions
- ✓ Refusing to obey is not rejecting you, but usually a test to see how you'll react
- ✓ Let your child know what will happen next in the day, and stick to a routine
- ✓ Remember that toddlers usually cannot remember rules
- ✓ Make sure your toddler is well rested, spends time with books & has lots of active play each day
- ✓ Let your child make as many simple and meaningful choices as possible to help him gain self-confidence
- ✓ When your child tantrums, help them calm down, remind them he or she is safe and that you love him or her
- ✓ Hug and praise your child often, saying things like, "You're so special!" or, "Wow, you did it!"