


Two Years

This brochure looks at the 'normal' developmental milestones of your child & ways to promote their development through play. Remember all children are different and develop at varying paces. Consult your child health nurse if you have concerns.

Development	
Physically (motor)...	Intellectually (cognitive)...
<ul style="list-style-type: none"> ◆ Likes to push, pull, fill & dump ◆ Almost has a full set of teeth ◆ Runs confidently & starts to sit on a tricycle (pushes with feet) ◆ Squats to pick things up and then stands without problems ◆ Alternates feet when climbing stairs while holding rail ◆ Begins dressing self 	<ul style="list-style-type: none"> ◆ Wants to learn how to use things ◆ Very curious and interested in exploring but does not understand dangers <div style="text-align: center;">  </div>
Socially & emotionally...	Creatively (communication)...
<ul style="list-style-type: none"> ◆ Discovering the ability to express self ◆ Very emotional ◆ Always asks questions 	<ul style="list-style-type: none"> ◆ Copies circles and horizontal lines ◆ Uses 2-3 word sentences ◆ Can say 50 – 200 words ◆ Often only parents can understand speech
Common 'normal' problems	
<ul style="list-style-type: none"> ◆ Often throws tantrums when not wanting to do something; easily distracted ◆ Plays next to (not with) other children; doesn't share ◆ Does not like change, likes doing things over and over 	



Importance of play

Children need to play so they can develop their communication skills, emotions, motor skills, thinking and social skills.

Please turn overleaf for some ideas to encourage your child to play.

W a y s t o e n c o u r a g e p l a y

The following activities are only some suggestions on how to encourage your child to play and learn. Be creative and imaginative!

Activity	Materials you need	What to do and how to do it
HIDE AND SEEK	Toys may be used, or just use yourself, your child, and any others who want to play!	Either show your child a toy, hide it somewhere around the house, then encourage them to go and find it; OR you hide, and make noises to give your child a hint about where to find you.
MESSY PLAY	Paints, paper, chalk, paintbrushes, pencils, crayons, etc. 	Set up a 'messy play' area for your child (perhaps in the back yard) by putting some newspaper or a tarpaulin on the floor, and encourage your child to experiment with different objects; let them finger-paint, flick the paint, draw with the chalk, etc.
GUESSING GAMES		Help your child to learn by asking them to give you the answers to simple questions such as "the grass is green and the sky is...?" 'I Spy' is another good guessing game.
COLLAGE	Paper (all different colours), glue, and any objects you might like to use for the collage.	Your child can create a picture of their family, a tree, or just have fun gluing things onto the paper. Materials can include flower petals, leaves, pasta, etc.
PLAYDOUGH	Playdough (you can either make this or buy it from the supermarket), plastic cookie-cutters, plastic knives, rolling pin.	Set up a 'work area' for your child to play in, and let them experiment with shaping the dough into different things. Encourage imaginative play, such as 'pretend you're the baker in a shop, can you please make me a cake?'
DANCING	Music. 	Encourage your child to dance to all different kinds of music; this helps develop gross motor skills and balance.

