



Development- Two Years

Your toddler is becoming more independent and may be able to say 'I', 'you' and 'me'. They see themselves as a separate person and enjoy time with family and friends.

At Two years you may notice your toddler

- May sleep through the night from 7 pm to 7 am
- Enjoys being around family and other children
- Express emotions and shows affection
- Having tantrums
- Is smiling and laughing
- Make eye contact with you when you talk to them
- Saying more words, 20-50 plus
- Starting to put 2-3 words together
- Understanding directions
- Pretend play
- Helping and copying parent
- Dressing up
- Turning their head to their name
- Walking/running/climbing
- Pointing
- Waving
- Sit themselves in a small chair
- Ask for 'more' and say 'no'
- Is feeding themselves with a spoon and fork
- Drinking out of a cup
- Interested in toilet training



How to help your Baby Develop

- Play with your toddler inside and outside
- Take your toddler to the park
- Organise play times with other children or attend a play group
- Read, sing, and dance with your toddler
- Have lots of conversations with your toddler
- Teach your toddler to count to 10, the primary colours and body parts
- Do some craft or painting
- Praise your toddler when they learn a new skill
- Smile and laugh with your toddler
- Cuddle your toddler regularly
- Encourage independence with everyday skills
- Try new experiences with your toddler
- Have family meals together

