

# I am TWO and OH, THE THINGS I CAN DO!

## Physical

- ♥ My growth will slow down between my 2nd and 3rd birthday, but I *am* getting bigger! At 24 months I am between 33" and 35" tall and I weigh between 23 and 29 pounds.
- ♥ I am losing my round babiness and my arms and legs are catching up with my noggin.
- ♥ My body temperature fluctuates with how busy I am and if I am excited or if I am in a warm place.
- ♥ My brain is already about 80% of its adult size. I have the power to learn a lot!
- ♥ I am getting my canine teeth and my second molars.
- ♥ My tummy still sticks out a bit and my back is bit swayed. Makes me adorable.

## Motor development

- ♥ I am walking more erect and can (usually) navigate around obstacles.
- ♥ I squat for a long time while playing with my toys. Makes everyone jealous.
- ♥ I can climb stairs without help - but not quite yet with alternating feet.
- ♥ I can balance on one foot for a few seconds and I can jump up and down (sometimes all the way down!)
- ♥ I am hoping to get potty trained this year but I may still have some accidents.
- ♥ I can throw a ball underhand and by the end of this year may be able to throw overhand too!
- ♥ I can hold my cup with one hand and can unbutton large buttons and unzip easy zippers.
- ♥ Watch out! I can turn the door knob and open a door! Been practicing.
- ♥ I can grasp big crayons in my little fist and scribble with enthusiasm on paper. And other things.
- ♥ I like to practice pouring water and sand and filling up cups and buckets.
- ♥ I can stack 4 to 6 objects.
- ♥ I can use my feet to push myself around on my riding toys. It is great to be two.

## Cognitive development

- ♥ My eye-hand coordination is getting better. I can put objects together and take them apart.
- ♥ I am beginning to use objects for imaginative purposes (I may push a block around as a boat.)
- ♥ I can do simple one dimension classification tasks (separate dinosaurs from cars.)
- ♥ I am discovering cause and effect - I drop my carrot - the dog eats it. Over and over.
- ♥ When I am looking for a hidden toy I will look in the last hiding place (object permanence.)
- ♥ I can name things in my books and I may pretend to pick something up off the page and taste or smell it.
- ♥ I recognize pain and will let you know that something hurts and I can show you where it hurts.

## Language

- ♥ I like books. I like to point at things in my books and make noises and I like to turn the pages.
- ♥ I have figured out that language is a good way to get my people to respond to what I need or want.
- ♥ I use 50-300 different words and my vocabulary is growing all the time.
- ♥ I have a broken linguistic code. Much of what I say makes perfect sense to me.
- ♥ My receptive language is better than my expressive language. I understand more than I am able to say.
- ♥ I use 3-4 words statements and am using conventional word order.
- ♥ My speech is about 65% intelligible.
- ♥ I repeatedly ask, "What's that?" And I love you because you repeatedly answer.



# TWO Year OLD (CONT.)

## Social and Emotional

- ♥ I show signs of empathy and caring. I may comfort another child. I can be overly affectionate in my hugs.
- ♥ I may be physically aggressive if I am frustrated. This should ease up as my language skills improve.
- ♥ This is the year that my temper tantrums may peak. I am hard to reason with when I am throwing a fit.
- ♥ I can be impatient. Another part of being two. It's hard for me to wait or take turns.
- ♥ I love helping with household chores. I imitate the work that you do. I may feed a doll or pretend to study.
- ♥ I can be bossy. And demanding. I want what I want right away. Hard to be two.
- ♥ I watch and imitate other children who are playing. I probably do not join in just yet but will play alongside.
- ♥ I may offer toys to other children but am usually possessive of my playthings. I tend to hoard my toys.
- ♥ It is sometimes hard for me to make choices. I want to have my cake and eat it too.
- ♥ Oh boy, I can be defiant. Telling you "No!" comes quite easily to me.
- ♥ I like routines. I like things to be 'just so' and to be done the way that we did it last time.

## Ideas for Enrichment

- ♥ Give your child choices when possible. "Do you want a banana or a peach?"
- ♥ Let your 2-year-old help around the house, such as dusting, digging or putting away canned goods.
- ♥ Help your child learn to wash his or her hands.
- ♥ Let your child try to take off his or her own clothes and put on simple clothes.
- ♥ Sing songs, play children's music and dance with your child.
- ♥ Look at family photos and share stories.
- ♥ Let your child talk on a toy phone or help him or her to talk on a real phone.
- ♥ Play 'follow the leader' games.
- ♥ Let your child put stickers on paper and make a design.
- ♥ Count things out loud to introduce numbers.
- ♥ Use toys that providing sorting opportunities such as circles and squares or red and yellow.
- ♥ Read rhymes to your child.
- ♥ Provide simple away from home social experiences.

## *Participation in gymnastics helps little ones learn!*

Exciting new research shows that active movement at a very young age facilitates brain development, intellectual achievement, language acquisition, reading readiness, sensory integration and self-esteem. For years scientists and educators believed that the cerebellum functioned simply as the body's 'movement' center, regulating balance, coordination, posture and movement. We now know that the cerebellum plays a much bigger role in our development. The cerebellum has a critical relationship with the cerebral cortex, the highly developed part of the brain that is responsible for memory, attention, thought, language, and perceptual awareness. When we move, the cerebellum feeds information from the cerebral cortex to the cerebellum and back to the cerebral cortex. The Sweet Peas™ Educational Gymnastics programs are designed to promote learning and development through a highly specialized gymnastics education curriculum. Come join the fun!

