Your child’s development from 2 years
This booklet is a guide to your child’s progress and shows you some of the things your child should be doing now. If you need further information or have any concerns about your child, please visit your local Child Health Clinic or contact your Health Visiting Team.
Speech and language
By 2 years your child should be:

- Pointing to familiar subjects or pictures when asked, “Where are...” e.g. “Where are your shoes?”
- Using a small number of words e.g. drink, car and family names.
- Putting two words together e.g. “my cup.”
- Gaining your attention by pointing and looking.
- Involving you in their play e.g. pretends to feed you and enjoys it when you join in.
- Able to concentrate for a short time.
General development

Does your child:

Run safely on all of the foot
Squat and rise to feet with no hands
Walk upstairs holding rail or wall
Push and pull wheeled toys
Sit and steer on small tricycle but cannot yet use pedals
Walk into a large ball when trying to kick it
Throw a ball without falling
Helps with dressing and undressing
Have no idea of sharing favourite things
Want immediate attention.
Does your child:
Pick up small items quickly
Hold a pencil in preferred hand using thumb and 2 fingers
Scribble in circles and to and fro
Build a tower of 6-7 bricks.

Safety
Common toddler accidents which can happen:
Burns/scalds
Swallowing harmful substances e.g. bleach, tablets
Drowning
Road accidents
Falling.

Keep harmful things locked away

I have no sense of danger

Use a fireguard & stairgate keep me safe!

Use reins when walking

Scalds & burns:
At least 10 minutes under cold water
Behaviour

Be a positive parent

Always praise your child for good behaviour

* Be consistent and firm

* Set realistic boundaries

* Reward good behaviour with attention

* Use ‘time out’ in short sessions

REMEMBER: “There’s no such thing as a perfect parent or a perfect child”

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Play and imagination

Set aside some time each day to play with your child.

Ideal toys:

- Paper and pencils
- Paint
- Balls
- Puzzles
- Pretend toys - dust pan & brush and pram
Feeding your child
Well balanced family meals - 5 portions of fruit & vegetables a day
Pint of milk a day. Avoid tea or coffee
Iron rich foods:
▷ meat, chicken, fish, eggs
▷ baked beans, dahl, kidney beans
▷ green vegetables e.g. broccoli, spinach
▷ fruit - tinned or fresh
▷ fortified cereals, brown bread
▷ dried fruit e.g. raisins, figs, apricots
Avoid high fat foods such as crisps, chips and biscuits,
Avoid sugary foods & no added salt.

Dental care
From 2 years you can register at a dentist.
Continue to brush with children’s fluoride toothpaste and use a child’s brush.
Avoid sugary drinks and fizzy drinks.