

Twos



I'm two. Welcome to my world! I'm working toward independence. I notice others around me. I like to imitate others. I am long on will and short on skill. Join me in my journey and see how I do life!

Thought You'd Like to Know



- I'm constantly moving because I need physical activity, but I often need one- to two-hour naps.
- My large muscle skills are developing as I walk, run, throw a ball, kick, jump, etc.
- Weight: 22–38 pounds. Height: 32–40 inches.
- I'm capable of bowel and bladder control, but toilet training depends on my physical and emotional maturity.
- Climbing is one of my favorite pastimes.
- As I grow, I start losing my potbellied look. I can bend easier at the waist to pick things up rather than squatting.
- Sometimes I can be a finicky eater and I have almost a full set of teeth.
- I can concentrate on one movement or task at a time.
- I want to do things for myself.

My Feelings



"If you want to work with children, watching and listening to them is very important. It gives you clues about how they think."

Karyn Henley

"Young children know best what they see, hear, smell or touch."

Fred Rogers

"Kids spell love T-I-M-E."

John Crudele

- Sometimes my feelings fluctuate almost instantaneously. One minute I'm aggressive and then shy. I may laugh and then cry.
- I begin to show affection or sympathy by giving hugs and kisses. Sometimes I am very clingy.
- I'm exploring my unique personality.
- I trust my parents/caregivers to take care of me.
- I often get frustrated because I don't know how to do what I want to do or say what I want to say.
- I can sense others' emotions.

My Relationships



- The circle of people I trust is getting wider.
- When I am self-conscious I can become timid/shy.
- I like to play alongside my peers—but not always with them. Don't expect me to share or take turns yet.
- I like to help others with household tasks.
- I enjoy acting silly with others.
- I need clear and consistent rules. Tell me what the consequences are for breaking the rules. Say what you mean and do what you say. This helps me feel secure. I can sense when you will not follow through based on our experiences together.



- I'm beginning to develop my imagination. I can pretend to do things like drive a car, vacuum or go shopping.
- I'm using two- to three-word sentences.
- I begin humming my first song(s).
- With my increasing attention span, I am able to memorize short rhymes.
- "No" is one of my big words. I have my own plans/ideas that I want you to follow.
- My sense of humor shows when you play simple tricks on me.
- It's hard for me to make decisions.
- I can follow directions with one or two steps.
- I believe what I am told.
- I like to use objects for their intended purposes, i.e. toothbrush, comb. It makes me feel big.



- Model God's acceptance through your words and actions. My experiences with you are the first stepping stones to understanding God's grace. Tell me often: I am loved; Jesus loves me; God made me.
- I can listen and learn simple Bible stories while experiencing God's love through others. It helps me to hear the same Bible story over and over. I learn through repetition.
- Model God's love by being consistent. It helps me to see the same faces and hear the same voices weekly in my church community.
- Music and motions help me remember what I learn about God/Jesus/the Bible. I like simple Bible songs with motions.
- I accept truths such as:
 - Jesus loves us all the time.
 - God gives us friends.
 - God loves and cares for me.
- I'm beginning to experience prayer when you say, "Let's pray and talk to God." I can hold hands with others or fold my own hands. Model for me, "Dear Jesus, thank you for my snack. Amen."

"Moral intelligence means how we behave. It's moral behavior tested by life, lived out in the course of our everyday experience. We live out what we presumably want taught to our children. They are taking constant notice and measuring us not by what we say but what we do." **Robert Coles**

Spending Time Together

- I like to look at simple books with large pictures and sturdy pages.
- Help me recognize sounds (a doorbell ringing, clock ticking, dog barking) by pretending to make these sounds.
- Let me help you with simple chores such as picking up toys and putting garbage in the trash can.
- Encourage me. Gently show me and allow me to do things for myself.
- Help me to make decisions by giving me simple choices between two things (milk or juice). This helps to build my self-esteem.
- Provide fun spaces where I can spend time. I like forts/tents (big boxes or a blanket over two chairs).
- Redirect my attention to something new when I am scared or look like I might start to cry. Sometimes this helps me forget what I was worried about.
- Praise me, and remind me that I can do things on my own. Catch me doing things right.
- I like to sing simple songs with actions and or dance movements.
- I learn faster when you repeat poems, rhymes or finger plays.
- I need routines throughout my day. It helps me feel secure.

Favorite Activities: explore; walk; climb; scribble on paper; use jumbo crayons; pretend/role play; ride push toys; play with big toys, dolls, cars, balls, Playdough, puppets, stuffed animals, puzzles, shape sorters, blocks, push-and-pull toys; chasing games; sing and listen to music and rhymes; dance; make paper chains; filling/dumping sand and water; look into a mirror; look at my shadow; watch things that move; look at and listen to stories and turn pages of books; play parade or follow the leader.

What I Really Need

- Consistent provision and love
- Places and people that provide safety, security and trust

Key People In My Life

- Parents
- Siblings
- Extended family
- Grandparents
- Caregivers

Note: A two year old's development and behavior will vary based on physical maturity, culture, environment, education, and the amount of experiences and interactions with adults and other children.



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