

I am 2 years old

My development - *Learn the Signs. Act Early.*

(what most children do at this age)

Social/Emotional Milestones

- Notices when others are hurt or upset, like pausing or looking sad when someone is crying
- Looks at your face to see how to react in a new situation

Language/Communication Milestones

- Points to things in a book when you ask, like “Where is the bear?”
- Says at least two words together, like “More milk.”
- Points to at least two body parts when you ask them to show you
- Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes

Cognitive Milestones (learning, thinking, problem-solving)

- Holds something in one hand while using the other hand; for example, holding a container and taking the lid off
- Tries to use switches, knobs, or buttons on a toy
- Plays with more than one toy at the same time, like putting toy food on a toy plate

Movement/Physical Development Milestones

- Kicks a ball
- Runs
- Walks (not climbs) up a few stairs with or without help
- Eats with a spoon

Act Early by talking to your child's doctor or child and family health nurse if your child:

- doesn't use two-word phrases (for example, "drink milk")
- doesn't know what to do with common things, like a brush, phone, fork, spoon
- doesn't copy actions and words
- doesn't follow simple instructions
- doesn't walk steadily
- loses skills they/them once had.

For more ideas on spending time with me go to *Love, talk, sing, read, play* www.lovetalksingreadplay.com.au. A resource provided by Resourcing Parents.

Language adapted for Australian English by NSW Ministry of Health. Original content provided by the U.S. Centers for Disease Control and Prevention's *Learn the Signs. Act Early*. Program (www.cdc.gov/ActEarly; February 2022).

For more great ideas on how to support my development, download the Bright Tomorrows app <https://www.brighttomorrows.org.au/>

Enrolling your child in early childhood education

As your child is turning two, it is an important time to think about enrolling your child in early childhood education. This is because it takes time to enrol in an early childhood education service, and your child may be placed on a wait list.

Ninety per cent of a child's brain development occurs in the first five years of their life. This makes the early years a critical window for early education as children develop new skills and explore new learning opportunities. Research shows that children who participate in quality preschool programs are more likely to arrive at school equipped with the social, cognitive and emotional skills they need to engage in learning. These benefits continue well beyond primary school, and include higher levels of educational success, employment and social skills.

There is general agreement that access to at least 15 hours per week, or 600 hours per year, of quality preschool in the year before full-time school leads to improved outcomes for children. There could also be additional benefits for children who start attending preschool two years before they start school.