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Each page is divided into three sections:

## Section One: Celebrate your baby's developmental milestones!

This section will contain an overview of typical abilities and play interests of young children in the motor, perceptual-cognitive, and social-linguistic domains. You can use this background information as a guide for choosing appropriate play materials and play experiences for your baby. Remember - not all children will fit these average patterns or demonstrate all of these abilities and interests. Children have a range of individual differences which makes each one unique!


## Section Two: Play with your baby!

Your baby's desire to play is your greatest resource for teaching and encouraging cognitive, fine-motor and gross-motor development. Playing with your baby will reveal his interests to you, and nourish his intelligence and imagination.

Each of the activities or play experiences in this section will in some way relate to and encourage the developmental milestones discussed in Section One of the same page. These activities are quick and easy!

Your time is precious now.

Play with your baby! These moments of joyful togetherness will support the process of his social and language development, creative expression, and information-processing skills.

24-30 months 

### Celebrate!


Celebrate your two-year-old's abilities and play interests.

During this developmental stage your toddler should have available a wide variety of small motor tools. Use a plastic dish pan to keep play things, such as coloured plastic snap clothes pegs, kitchen basters and large medicine droppers plastic measuring cups such as 1 cup, 1/2 cup, 1/4 cup, Styrofoam egg cartons with lids removed, kitchen tongs (both metal and wooden), small rubber balls, large cotton balls, plastic objects, plastic containers with lids containing sea shells and smooth stones (not small enough to swallow).

From 24-30 months you will observe that your toddler:

- Will have fine motor skills required to open clip clothes pegs
- Will be able to squeeze water from basters and medicine droppers
- Will enjoy hiding and finding small objects in water or sand
- Will especially enjoy rough and tumble play

### Play!



**Experimentation**

**Why this playtime activity is good for your toddler:** Using small motor tools is good exercise for the small muscles of the hands and fingers. Your toddler will be fascinated with the principle of suction. She will enjoy learning about objects that sink and float and physically experiencing these opposite concepts.

**What you'll need to play this activity:** basters and medicine droppers; objects that float and sink; empty containers and egg cartons

**How to play Experimentation:** Set out the tub of water, basters, medicine droppers, measuring cups, empty containers and egg cartons. Demonstrate how the basters and droppers work. Experiment to see which objects float and which ones sink. Then let your toddler experiment with all of the water tools alone.

### Share!

When you were two years old, one of your favourite ways to experiment was:


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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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IEA-30023 My Two-Year-Old 

## Section Three: Share your memories!

This section is a small gift that you can give to yourself. Your baby will be grown up so quickly, and memories of his infancy will fade with time.

Take just a moment to record these little milestones. They are precious, and reading them years from now will warm your heart.

So, **celebrate** each day with your baby, **play** and be joyful (life is good!), and **share** your memories with the future you!

## Celebrate!

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Celebrate your two-year-old's gross motor development.

In the year ahead, your toddler's gross motor skills will become smoother and more coordinated. She will learn to kick and direct the motion of a ball, walk up and down steps, walk backwards and turn corners, and do multiple things like using hands, talking and looking around at the same time. Every day you will see she is becoming more adept at manoeuvring her body.

From 24-30 months you will observe that your toddler:

- Will demonstrate skills in most simple large muscle activities
- Will engage in lots of physical testing
- Will enjoy jumping from heights, climbing, hanging by the arms
- Will especially enjoy rough-and-tumble play

## Play!

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### Piggyback Rides



**Why this playtime activity is good for your toddler:** Close physical contact with parents is good for children this age. Rough-housing gives toddlers the opportunity to get out extra energy and aggression in a socially acceptable way.

**What you'll need to play this activity:** No special equipment is needed for this activity.

**How to play *Piggyback Rides*:** Get on the floor on all fours. Have your two-year-old climb up on your back and wrap her arms around your neck. Carefully move around the room on your hands and knees. Ask your two-year-old if you should go faster. Teach her to guide you with verbal commands, such as, 'Go', 'Slow', 'Stop' and 'Faster!' If your toddler isn't verbalising yet, watch for signals like the squeezing of your neck which may indicate that she thinks you are moving too fast or joyful sounds that tell you she is having fun and can handle more of this kind of play.

**Variation:** You can give 'horsy rides' while sitting. Sit in a chair and cross your legs. Have your youngster sit on the ankle of the leg that is dangling. Hold your toddler's hands and move her up and down by lifting your leg up and down.

## Share!

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When you were a child and we played Piggyback Rides, your favourite way to play was:

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# Celebrate!

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Celebrate your two-year-old's developing fine motor skills.

Finger plays are a fun and entertaining way to help your toddler learn fine motor and sometimes gross motor skills. Through repetition offered in finger plays, youngsters quickly learn the rhymes and the movements that correspond to the action words. When using rhymes and finger plays do not try to 'teach' them, but rather present the rhyme with actions and invite your youngster to join in at the level of participation that is appropriate for him.

From 24-30 months you will observe that your toddler:

- Will learn to draw vertical and horizontal lines with a crayon
- Will begin to try curved motions when drawing and colouring
- Will be able to turn book pages one at a time

# Play!

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## Open and Shut/Handy Hands

**Why this playtime activity is good for your toddler:** When doing these finger plays, your toddler will practise controlling the movement of small muscles in his hands and fingers and will physically experience opposites such as open/shut, come/go, start/stop.

**What you'll need to play this activity:** rhymes

**How to play *Open and Shut/Handy Hands*:** Recite the rhymes while performing the appropriate hand movements.



### Open and Shut

Open, shut them, open/shut them.  
(With palms facing up, open and shut hands.)

Put them on your head.  
(Place hands on head.)

Open, shut them, open, shut them.  
(With palms facing up, open and shut hands.)

Put your hands to bed.  
(With palms together, place back of hands to one cheek and tilt head.)

### Handy Hands

Come, come, come. (With palms up, pull fingers toward you as if beckoning.)

Go, go, go. (With hands in front of you, push hands away.)

Stop, stop, stop. (Hold open hands up and in front of you.)

Clap, clap, clap. (Clap hands three times.)

Bye, bye, bye. (Wave goodbye with both hands.)

# Share!

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When you were two, your favourite finger play was: