

## *Terrific Twos*

These are magic months – a time of amazing firsts for your child. Most parents view the toddler years as both joyful and challenging. Your toddler really likes to be with you but, at the same time, is eager to make choices and feel independent. You can help ease this transition. Make sure there are times in the day when your toddler is involved in direct play with you and times when she can play independently in the same room. This can happen during meal preparation by allowing your child to play with some kitchen utensils and pots on the floor while you work. This encourages your child's increasing sense of self and independence.

Toddlers are just beginning to show an interest in other children. They do not instinctively know how to make friends. Toddlers may push or grab as a way of making contact. Children are not able to understand the concept of sharing until 2 1/2 to 3 years of age. Your toddler will learn social skills while playing with one child as well as in a play group. It may take time for your child to get used to a new situation. Supporting her in a caring confident manner will help her feel secure.



Today I left some dishes dirty,  
the bed got made around 3:30.  
The diapers soaked a little longer,  
the odor grew a little stronger.  
The crumbs I spilled the day before,  
are staring at me from the floor.  
The fingerprints there on the wall,  
will likely be there till next fall.  
The dirty streaks on those windowpanes,  
will still be there next time it rains.  
Shame on you, you sit and say,  
just what did you do today?  
I held a baby till she slept,  
I held a toddler while he wept.  
I played a game of hide and seek,  
I squeezed a toy so it would squeak.  
I pulled a wagon, sang a song,  
taught a child right from wrong.  
What did I do this whole day through?  
Not much that show's, I guess that's true.  
Unless you think that what I've done,  
might be important to someone  
With deep blue eyes and soft brown hair,  
If that's true...I've done my share!

*author: unknown*

# Sample Menu for Your 1 – 2 Year Old Child

Are you unsure of what to feed your toddler? The following sample menu is a guideline to give some meal and snack ideas for a day. Remember that this is a guideline only - continue to breastfeed on demand until 2 years and beyond. Respect your child's cues - your child's appetite will vary from day to day. Offer regular healthy meals and snacks - it's up to your child to decide which foods to eat and how much.



Feeding	1 – 2 Year Old Child
Breakfast	<ul style="list-style-type: none"> <li>• 60 – 125 mL (1/4 – 1/2 cup) iron-fortified cereal</li> <li>• 30 – 60 mL (2 – 4 tbsp) fruit pieces (melon, banana, peeled apples)</li> <li>• Breastfeeding or 125 mL (1/2 cup) homogenized milk</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• 60 – 125 mL (1/4 – 1/2 cup) melon and banana</li> <li>• 60 – 125 mL (1/4 – 1/2 cup) cottage cheese</li> <li>• Breastfeeding or water</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• 1/4 – 1/2 salmon sandwich on whole wheat bread made with 30 g (1 oz) canned salmon and mayonnaise</li> <li>• 30 – 60 mL (1/8 – 1/4 cup) red pepper strips and avocado slices</li> <li>• Breastfeeding or 125 mL (1/2 cup) homogenized milk</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• 30 mL ( 2 tbsp) hummus</li> <li>• Whole grain pita pieces</li> <li>• Breastfeeding or water</li> </ul>
Supper	<ul style="list-style-type: none"> <li>• 60 -125 mL (1/4 – 1/2 cup) whole grain macaroni with tomato and meat sauce about 30 – 40 g (1 – 1 1/2 oz) of meat</li> <li>• 60 – 125 mL (1/4 – 1/2 cup) cooked green beans</li> <li>• Breastfeeding or 125 mL (1/2 cup) homogenized milk</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• Cheerios® 7 – 15 g (1/4 to 1/2 oz)</li> <li>• Breastfeeding or 125 mL (1/2 cup) homogenized milk</li> </ul>

## Storytime

Do you remember any of the stories that your family told you when you were a child? They could have been bedtime stories or stories told through the day about puppies, pirates or your Uncle Pete. Family stories are important to pass on from one generation to the next. They help create a sense of pride and belonging within the family.

**Here are a few hints to help you tell bedtime stories that your children will love:**

- Put your children, pets and family in the stories.
- For imaginary stories, change the names just a bit. For young children use small animals – puppies, kittens or bunnies. Older kids may prefer larger animals.
- If you can't think of new stories, use a classic story and make a few changes to suit your child.
- Try using a different voice for each person in your story.
- Use sound effects.
- Use your arms to describe actions.



The most important thing about telling stories is to have fun. Your stories may be remembered and told to your grandchildren one day.

## Words to Live & Grow By

Here are two ideas that will help your child to continue to develop his language skills:

1. Avoid using baby talk. Your messages to your children should be clear and easy to understand. Start by sharing words to describe what your child sees, hears, touches, tastes, and smells. Use the words that allow your child to talk about feelings. In the same way that your child points at pictures and says "dog" or "car", help him point to pictures of people and tell you who looks happy or sad.
2. Make sure your child knows you are listening and can help. When your child says "I am hungry" you need to feed him. When he says "I am cold" you need to help him get warm. This is the natural way to reward your child's efforts to express his needs and his feelings. If your child knows you are listening, he will express his feelings.

# Look At What I Can Do!

From 1 ½ to 2 years, these are some of the things I can do:

11/2  
Years

- I use my whole body to show you how I feel – I scream, stomp, throw things and I might hit, bite, pull hair, and kick. I don't want to hurt but I just don't know the words so I get frustrated. Teach me the feeling words – happy, sad, mad. I can give you lots of hugs and kisses too.
- I need you to stay calm and help me control my tantrums – tantrums are a natural part of being a toddler – I am not trying to upset you.
- I like to undress myself and run naked at home.
- If you don't understand what I want, I will grab your hand and show you.
- I want my own way in everything and I want it now – this is a normal stage of development.
- I like to sweep, clean spills, and play make believe.
- I feel as if you are ignoring me when you are on the phone.
- I often ask **"what's that?"**.
- I like to talk about and point to pictures in books with you.
- I need short directions – I do not hear lectures.
- Routines help me feel safe and secure especially at bedtime.
- I am gradually becoming right or left-handed. Let it happen naturally.
- I might use 2 word sentences, such as **"more juice"** or **"me go"**.
- I run, climb, walk backwards, ride a riding toy, throw everything, and sometimes I like to turn in circles until I fall.
- I am not ready to cooperate at play – I play beside other children.
- I like to count with you. As we play with a ball, say, or count out loud as we stack blocks.

2 Years



## Watch for these Speech and Language Milestones

### At 24 months my child:

- Uses 150 to 300 different words
- Uses two pronouns (e.g. I, me, you)
- Uses two-word combinations most of the time (e.g. **"me go"** or **"more cookie"** or **"Daddy car"**)
- Speaks clearly enough to be understood about two-thirds of the time
- Points to familiar actions/activities in pictures (e.g. sleeping, eating)
- Follows directions to put objects **"on"**, **"off"** or **"in"**
- Chooses amongst common objects when asked, like **"find the comb"**

Parents usually know their child best. If you did not check all of the boxes above, please call **tykeTALK** at **519-663-0273** or toll free at **1-877-818-8255** to find out more that you can do to help your child learn to talk.

## Toys – Developing Hand Skills

- Doing simple puzzles with knobs
- Drawing with non-toxic crayons, and finger paint only with your supervision
- Turning pages of books and pointing to pictures
- Stringing large spools on straws or laces
- Playing with finger puppets
- Putting large size pegs in pegboards
- Playing in water with things that float, sink, squirt and pour



## Play

### Imagination

Your toddler enjoys simple make-believe play. Your old clothes can make great dress-up outfits! She also likes to play house. You can have a pretend tea party together. Show your child how to cover her doll with a blanket in a cradle just like you did with her. Blocks are a lot of fun for her. Show her how to put them into containers and build towers. She will show you how to knock them down. Your child likes to put pegs in a pegboard. Toys that link together or have toy people that fit into holes are fun too. Show her how to put them together. She loves to climb into and out of large boxes. She needs to run and play outside or go to the park. Show your child how to safely climb, swing, and slide. She will watch and imitate the play of other children but she usually doesn't join in. Playing is how she learns.



## Grow

### Your Little Helper

Your child is affectionate and offers a lot of hugs and kisses, but not to anybody. She may offer toys to other children but is possessive of her playthings. She will tell you **"mine"** and **"no"**. She likes to practice her new skill of climbing stairs with your help. Your child loves to help you. It will take longer, but be patient and let her help hold the broom, dustpan or pour in baking ingredients. It makes her feel good to do things with you. Talk to her about what you are doing. You can leave a clean potty out so she can get used to seeing it and playing with it. Your child probably won't show signs of readiness for toilet training until at least 2 years of age. There is no hurry to start toilet training with her. Starting too early may lead to frustration. Your child will show you when she is ready.



## Talk

### Learning New Words

Your child is starting to use 2 word sentences like **"Mommy keys"** when he sees keys hanging by the door. He may not always use the right words together, for example **"more up"**. When your child uses one word like **"Mommy"**, you can help him add another word, for example **"Mommy help"**. Your child learns new words when he hears you talk about what is around you. Follow his lead and talk about what he likes to do. He should be able to understand when you ask him to do things like **"Pick up your cup and bring it to me"**. You can sing with your child and wash his hands together.

**Wash, Wash, Wash my Hands**  
*To the tune of Row, Row, Row Your Boat*  
Wash, wash, wash my hands  
Wash them everyday  
I like to wash my hands  
Then I go and play.

## Taming Tantrums

Tantrums are a normal part of being a toddler. Your toddler is not **"bad"** - he is just acting his age. That's his job - your job is to teach him how to express his feelings in a more acceptable way. Here are some tips to help:

### Prevention

- **Record:** For a week or so, keep a record of the times and reason for his tantrums. Then work to avoid these triggers.
- **Physical Outlets:** Daily exercise is important for the entire family. Play in the yard, go for a walk, or visit a park.
- **Food:** Toddlers have small stomachs and need nutritious snacks between meals.
- **No:** Say **"no"** less often by childproofing your home and setting clear and consistent limits.

### During a Tantrum

- **Stay Calm:** Stay calm and speak softly. This will show your toddler that you are in control and will help him calm down. Take a deep breath and count to 10.
- **Protect:** Move your toddler who is out of control to a safe place so he cannot get hurt.
- **Hold:** Holding your toddler may help calm and dissolve anger in both of you. Remember this may not work for all toddlers.
- **Distraction:** Some toddlers can be distracted from their tantrum by being offered another toy or using humour or songs.

### After a Tantrum

- **Sincere Praise:** Encourage success, **"You did a good job calming yourself down"**.
- **Do Not Punish:** Tantrums are a normal part of development. Do not punish your child as he did not do anything wrong.
- **Hug:** Give your toddler a hug and comfort him. Say **"I love you"**.
- **Read:** Sit quietly and read him a story.



**Their Reach is Longer Than You Think!**

Your toddler has grown taller and really loves to explore. She doesn't yet know what is dangerous and still needs your constant supervision.

## Your Independent Toddler

Your toddler is becoming independent now - or at least he thinks he is! His need to explore, experience and do things for himself is strong now. He often **"lives for the moment"** and doesn't remember the rules very well. Your child needs your help more than ever to remind him of the limits and boundaries. Don't just tell him what to do - show him.



Your child can't help but touch pretty and breakable objects, even if he knows he is not supposed to touch. Putting away breakable things until he is older will make life easier for everyone.

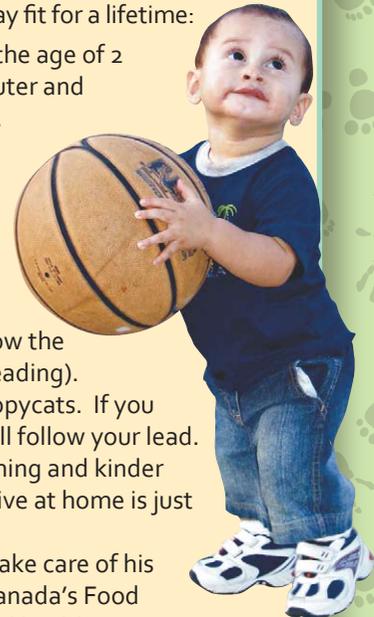
Your toddler loves to hear about the things he does well. The smallest accomplishments seem huge to him. When he does a good job of dressing himself, tell him what you see. **"I see you have put on your orange t-shirt and purple track pants"**. Describe what you feel. **"I am so happy you got your shirt and pants on all by yourself"**. When your child is having a bad day, this helps him remember what he does well.

**Remember: When your child does a good job: Describe what you see... Describe what you feel... And follow with a hug, a kiss, and a squeeze!**

## Fun with Fitness

Your toddler is the perfect age to learn how to enjoy exercise. If you start now she will be more likely to stay fit her whole life. It is recommended that toddlers and preschoolers ages 1 - 4 years get at least 180 minutes of physical activity per day of any intensity with a progression towards 60 minutes of energetic play by 5 years of age. Here are some tips to help your toddler stay fit for a lifetime:

1. **Limit screen time:** For children under the age of 2 years, screen time including TV, computer and electronic games is not recommended.
2. **Play outside:** Spend time every day outside - walking, swimming and jumping. It's fun to play with different size balls, ride a tricycle with a helmet and chase bubbles.
3. **Play together:** Mix active activities (hide-and-seek, duck duck goose, follow the leader) with quiet activities (puzzles, reading).
4. **Be an example:** Toddlers tend to be copycats. If you walk, bike and exercise your toddler will follow your lead.
5. **Play:** Scheduled classes such as swimming and kinder gym are fun, but playing and being active at home is just as important.
6. **Body care:** Teach your toddler how to take care of his body. Family exercise and following Canada's Food Guide help keep your toddler happy and healthy.



**Make fitness a part of everyday life. Remember to have fun.**



## **St. Thomas Site**

1230 Talbot Street, St. Thomas, ON N5P 1G9  
519-631-9900 | 1-800-922-0096

## **Woodstock Site**

410 Buller Street, Woodstock, ON N4S 4N2  
519-421-9901 | 1-800-922-0096