

# 23-24 Months



Oshkosh - 920-233-6630  
Appleton - 920-831-1132  
Menasha - 920-739-4226

IMITATING. . . . . CURIOUS  
SCRIBBLING. . . . . JUMPING

A cartoon illustration of a young child with blonde hair, wearing a yellow shirt and shorts, jumping over a large, colorful ball (blue, yellow, and red). The child is in mid-air, with arms outstretched and a joyful expression.

## DEVELOPMENTS

In the next couple months your toddler may . . .

- Walk up and down stairs alternating feet.
- Run, but may have a hard time stopping.
- Pedal a small tricycle.
- Climb out of the crib.
- Turn pages of a book one at a time.
- String large beads on a shoe lace.
- Say 50+ words.
- Match familiar objects.
- Is able to love and receive love.
- Wants to "do it myself".
- Picks up toys and put them away with little assistance.
- Zip and unzip zippers.
- Put on simple pieces of clothing.
- Verbalize toilet needs.
- Lift and drink from a cup.

## ENCOURAGING ACTIVITIES AND TODDLER HINTS

- Give you toddler choices when opportunities arise. For example, "do you want to wear the blue shirt or the red shirt?" or "do you want cereal or toast for breakfast?" Be certain to give two clear choices instead of asking open-ended questions like "What do you want to wear today?" Also, do not overwhelm your toddler with too many choices.
- Remember that this is a time when your toddler is learning many new tasks. At times, it may seem that your child is moving at a pace slower than a snail. Do not try to rush your child if he is beginning to master a new task, you need to let him figure some things out for himself. It will be difficult to always be patient with your child but it is important to give him the time and opportunity to achieve his newly learned skills.
- A hungry and tired child is going to be more easily frustrated, which could lead to more temper tantrums.
- Toddlers at this age begin to recognize body parts. Ask your child to point to his nose, mouth, eyes, and ears. Then point to your own and have him name the body parts.

## Fear of the Doctor

In infancy, when experiences generally came and went without leaving a lasting imprint, each trip to the doctor was a new event, no different from going to the supermarket. But, thanks to his newly improved memory, things have changed. Your toddler probably now recollects the probing, prodding and poking that went on during previous visits to the doctor, and the thought of enduring more of the same frightens him. The following are some suggestions to help your child prepare for his two-year checkup.



Let him play doctor. Buy a toy doctor's kit for your toddler, and encourage him to practice playing doctor on you, friends, older siblings, stuffed animals, or himself. Explain to your child what the instruments are called and how they are used. You may also want to let your child take his doctor's bag along with him to his checkup.

Schedule for Success. If at all possible, avoid scheduling doctor's visits during your child's normal nap or meal times to avoid crankiness. Also you may want to avoid peak hours at the doctor's office, such as on Saturdays and right after school. When the staff is less busy they will have more time to be patient with a reluctant or frightened child.

Give your child something to look forward to. Plan something special to do after the doctor visit, such as a trip to the park or going out for ice cream so that your child has something to look forward to during the visit. Take your child even if the visit didn't go well, and make it a regular tradition to do something fun and rewarding after doctor visits so that your child will develop a positive association between the two.

Remember to praise your child.

Taken from What To Expect The Toddler Years by Arlene Eisenberg, Heidi E. Murkoff, and Sandee E. Hathaway, B.S.N.

## I AM TWENTY THREE TO TWENTY FOUR MONTHS OLD

*Dear Mom and Dad,*

*Both of you are probably very anxious to start "potty training" me, but remember as much as you want me to be toilet trained, I need to be ready to start to master this new "skill". Please do not force me to start toilet training or punish me for "accidents" that I may have. This is a very challenging and difficult time for me—I will be learning to recognize when I need to go to the bathroom and that has never been expected of me before now. To make this process easier on the both of us, please try to make the following changes: start putting "pull-ups" on me so that I will begin to recognize the difference between diapers and "big girl (or boy) pants" and it will also be easier for me to realize when I am wet. You can also try to dress me in clothes that are easier for me to take off and on, since I probably won't realize I have to go to the bathroom until the very last moment. Please remember the most important thing to keep in mind is that you need to be very PATIENT with me and understand "accidents" are bound to happen for a long time—this is not an easy thing for me to learn.*

### **SPEECH AND LANGUAGE**

You may be surprised over the next couple months, because I will begin to try to say more long sentences—of course they are not always going to make sense, but I am trying. I am still very interested in picture books and labeling people and animals with names. I love to talk on the telephone and you may notice that I always want to talk to whomever you are talking to on the telephone. A toy telephone may help to keep me occupied when you are on an important phone call.

### **FEEDING**

Remember that I still need a variety of foods in order to meet my caloric and nutritional needs. Try not to feed me a lot of junk food or munchies. I require at least 3 meals a day and nutritious snacks throughout the day. Fruits and vegetables are great for snacks.

### **SLEEPING**

I may begin experiencing a very scary thing called night terrors. You will know if I am having a night terror because it is like I am in a trance—I scream, kick, sweat, cry, and my eyes may even bulge out. The important thing to remember is that night terrors usually last 10-30 minutes and the only thing you can do is to make sure I am not hurting myself or others. Please do not try to hold me down or wake me up. I probably won't even remember the experience the morning after. Usually night terrors are more likely to occur when I am overtired, so please make sure I am getting enough sleep.



## Playtime for Your Twenty Three to Twenty Four Month Old

### Playdough

You may notice that your toddler is entering a more creative stage in his playing. Play with your child using materials like playdough or moist clay. Allow your child to feel, roll, shape, pound and squeeze the material. By playing with your child, you may notice this is a stress reliever for yourself—getting out some of your tension by handling the clay or playdough. Below is a recipe for homemade playdough:

1 cup of flour	$\frac{1}{2}$ cup of salt
1 cup of water	1 tablespoon of cooking oil
2 teaspoons cream of tartar	1 teaspoon of powdered alum
A few drops of food coloring	

*\*Combine ingredients. Heat and stir until mixture forms a soft ball. Put mixture onto wax paper until cool. Knead slightly to eliminate grainy texture. Store in tightly covered container.*

### Finger Paints

This is a nice time to introduce finger paints. Be prepared-- it is a messy activity so you will want to use smocks and cover the area where you will be painting with a plastic table cloth. Be sure the paints that you use say "washable". It works best to start out with only one or two colors. You can add more colors as your child gets used to the feeling. It will help boost her self-esteem if you remember to display her "artwork" on the refrigerator for others to see.



## Shoe and Sock Struggles

If you are having trouble getting your child to put her shoes on, stay away from laces and buckles. Easy styles like Velcro and slip-ons are the best for this problem. If your toddler keeps taking her shoes off, laces are probably the way to go. Double knotting the laces may help as well. Some children do not like the seam of the sock across the top of the foot, or keep taking them off because of discomfort. She may have a reaction with the dye in socks or may be touch sensitive. Instead of regular cotton socks, try orlon or orlon-blend stretch socks without dye. Let her put on her own socks and shoes, point out that everyone wears them. Be patient and set aside a little extra time for getting ready.



## Dressing your Toddler

Give your toddler a choice between 2 or 3 outfits. This way she has some control over what she wears. Tell her you like her choices. Toddlers may also like wearing the same pair of pants or their favorite shirt over and over again. You may want to have duplicates of them. Most toddlers will grow out of this stage. If you have troubles dressing her, try changing the subject and get her talking about something else, or let her dress herself.

Coats for winter may be a problem. Try a coat that is not too bulky or restrictive. Some coats are reversible and allow your child to wear one side and the next day wear the other side.

With hats and mittens, let her choose which ones she wants to wear. Try knit gloves, they are less bulky and allow her to have more movement.

When you give your child the opportunity to choose her own clothing, she will be less resistant getting dressed.

\*Source What to Expect the toddler years

# It's Potty Time



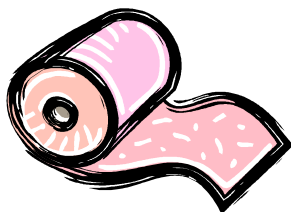
There are eight basic steps for toilet training.

1. Get a potty that goes on the floor and let the toddler know that it is specifically for him.
2. Have him sit on the toilet with his clothes on and you sit on yours. Read to him or give him something to keep him there for a few moments.
3. After a week has gone by, ask if he would like to sit on the toilet with his diaper off and try to do this once a day. When he does, you should also sit on yours. Tell him that other people like dad, mom and grandma also sit on the toilet.
4. The third week take him and his dirty diaper to the toilet. Put the contents in the toilet and say "this where you can do your b.m". Let him know this is what you and daddy do every day. Don't flush it down your toilet until he leaves so the toddler does not wonder where it went to.

5. This next step is at the discretion of the toddler, if he refuses any steps hold off on toilet training for a while. If he is ready let him run around bare bottom. Make sure the toilet is easy to get to. Then remind him every once and a while to try and go. If you try too hard he may get frustrated and throw a tantrum. He may also hold back his bowel movements. This can cause b.m.s to become large and hard. The bowel movements may be painful and lead to constipation and a condition called megacolon. If this happens, stop toilet training and let him know he can do it when he is ready.
6. If he is really ready, leave his pants off for longer and longer times. If he has an accident put the diaper back for a while and tell him there is no hurry. Each step should be at his own timing.
7. When learning to urinate, boys should start sitting down. Once he has mastered sitting down, a father or another male, can take him in and show him how to stand. This may bring up questions about size and hair. the adult male should explain that one day the toddler will be bigger and also grow hair.
8. Night training should not begin until he is dry at his naptime. Some toddlers are not ready to be night trained until they are three, and some longer than that.

There are some signs that you should be aware of before you start to toilet train. The signs of readiness are: telling you that he had a bowel movement, staying dry for two hours at a time, wanting to be clean, wanting to imitate adults, taking his own pants down, and staying dry during nap time.

Source Touchpoints



# Activities for Motor Skills

## Scribbling in circles

1. While using a dark crayon on light paper draw a circle and have your child try to imitate you.
2. Make a scribble on the paper with your child watching and invite them to do the same.
3. Give your toddler verbal directions while both of you are drawing.
4. Make circle arm movements in the air. Then do them on paper attached to the wall or a chalkboard and encourage your child do the same.
5. Try experimenting with different mediums like finger paints.
6. Expand the circle motion into every day activities like letting your toddler stir food in a bowl.

\* source Help at Home... Hawaii Early Learning Profile



## Learning to catch a ball!

1. First blow bubbles and let your child pop the bubbles while standing.
2. You and your child should sit on the floor.
3. The ball should be a partially deflated balloon or beach ball. When she can catch these balls have her move on to a light-weight rubber ball.
4. Be sure to remind your child to have her hands in front of her before you throw the ball.
5. After your child catches the ball, encourage her to throw it back to you.

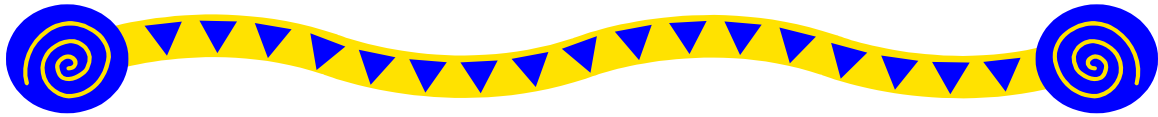
# The ABC's of Being a Two Year Old.

## Anger Issues

Two year olds can frequently feel angry. It is part of the development of not always being able to verbally express their wants and feelings to you in a way that you understand. Acknowledge their feelings with statements of "I know you are angry, let's calm down and figure out why you are so upset." Show them books with pictures of people who are happy, sad and angry. Talk about what makes people happy, sad ect.. Show them appropriate ways to handle their anger, like hitting a pillow or running around outside. Sometimes they just need to be held.

Parents can also feel frustrated and angry. You are your child's first teacher, so make sure you handle your emotions in a way that you want your child to handle hers. Children will imitate your actions and words.





## Birthday Parties

Children will tend to focus on the cake and the presents at birthday parties. At this age your child is more than able to mix the cake ingredients. Don't invite too many kids to the birthday party. With too many kids, she may feel overwhelmed. Ask her the names of the friends that she would like to have over. Try and limit your guest list to 2-3 children. Most kids are curious and like to check out other kids "stuff". You will not need to plan any games. Enjoy watching the children play together, and remember that sharing is not easy so the party should be kept short.

### Tips to a fun party

1. Timing is a big deal. Some kids still have afternoon naps so plan the party around nap-time.
2. Some activities to consider are dress up, Simon Says and dancing to music.
3. Read them a story after having cake to calm them down.
4. Food should be colorful and given in small amounts.
5. Most kids like goodie bags. You don't need to spend a fortune and try to limit the number of sweets you put in the bag.
6. Toys will be fought over so put the precious things away.
7. Also use spill proof cups.
8. Some kids might be toilet training and you might want to have an extra potty chair on hand.

\*source I'm Two Years Old. BabyCentre.

### Environmentally safe parties

To minimize the effect of birthday party wastes, set the table with placemats or a reusable table cloth. Use wrapping paper, a decorative paper bag, or the newspaper funny pages as a tablecloth. Colorful plastic dishwasher safe plates will also save on waste.

\*source What To Expect The Toddler Years



## ***Time-out***

The idea of a time-out is to give the child a chance to cool down. For older children this may also give them a time to reflect on the situation. Time-out should not be used for a first time offense, but rather behavior that the child has already been told is unacceptable. For toddlers the time-out should not exceed two minutes. Use the age rule: which is one minute for every year old he is. Let him know why he is sitting out. Explain that it is o.k. to be angry but it is not o.k. to do what he did. You want to have a place where there are no distractions like toys, or television. Ultimately your goal is to teach him to calm himself down and communicate with words. Make sure you role model how to communicate calmly. He's watching you.

\*Source *What to Expect the Toddler Years*

## **Biting**

Most children at this age will bite at one point or another. When this happens, tell the child that is not okay to bite and that it hurts the other person. You could give them a piece of bread or an apple to bite if they need to bite. Tell them to use words like "Stop that!" and "Give it back!" Watch the situation, if they get frustrated and want to bite, redirect them into another activity. Staying calm is very important in this situation. Let your child know that you are upset and that it is not acceptable to hurt someone else. Do this in a calm way so the child is not frightened.

\* Source *I'm Two Years Old* as told to Jerri Wolfe



## **Childrens' Books on Biting**

No biting, horrible crocodile! / written by Jonathan Shipton;

No biting, Puma! / by Jeanne Willis ; illustrated by Mark Birchall.

Teeth are not for Biting / by Elizabeth Verdick; illustrated by Marieka Heinlen.

No Biting!: A Lift-the-Flap Book / by Karen Katz.

Bootsie Barker Bites / by Barbara Bottner.

## Learning to Fold

1. Have your child practice turning pages in a book one page at a time.
2. Let him imitate you when you are folding clothes.
3. Color with him and when you are done fold your piece of paper and encourage your child to do the same.
4. You fold a piece of paper and let them practice with yours.
5. Put an object in a paper bag and fold it over once. Then have your child try to fold it over again.
6. Have your child color a piece of paper and send it to a relative. Let your child fold it and put it in the envelope.
7. Let your child fold up newspaper into different shapes.

\*Source Help at Home... Hawaii Early Learning Profile

## Feeling Shy

1. Let your child hang back until he is ready to interact.
2. Let him know that it is okay to feel scared when meeting new people.
3. Tell your child where he is going and who he will see.
4. Do not ask your child to "show off" for other people. This may make him even more resistant.
5. Hold his hand instead of carrying him when he feels shy.

\* source Help at home... Hawaii Early Learning Profile

