

Welcome to Group Care!



THE NATIONAL CENTER ON
Health

Head Start and other programs that serve infants and toddlers provide your child a safe environment to learn. We believe that you are your child's first teacher. Parents, grandparents, and other caregivers are viewed as partners. We promise to...

- Value individual culture, beliefs and traditions in raising children
- Listen to your concerns and share ideas on healthy child development
- Support and encourage you through your child's enrollment
- Provide you with daily reports on how your child is doing
- Assist in helping you locate community resources, such as food, medical care

Guidance

Setting limits and being consistent is key. Guiding your child to follow simple rules will help him understand and follow the rules on his own.

- We prepare him for transitions between activities during the day. For example, "You have 5 minutes before it is time to clean up"
- When possible, we offer him choices. "Do you want to put the toys on the shelf or in the box?"
- We praise his efforts and successes by telling him what he did right and reinforcing positive behavior right away

Learning through Play

Your child is learning as he plays. Two year-olds learn a lot from mixing, sifting, pouring, stirring and shaping sand, mud, and clay. We encourage you to bring extra clothes with your child, in case learning gets messy.

- We plays games like "follow the leader," to reinforce following directions



- We sings songs and listen to stories and rhymes to increase his vocabulary
- You can make time at home for simple games and messy play
- He also enjoys helping with simple tasks around the house

School readiness begins with health!

Toilet Training

Let us know when your child is ready to be toilet trained. Some signs that your child is ready are:

- Remains dry for 2 hours
- Knows if he is wet or dry
- Can pull his pants down and up
- Wants to learn
- Can tell you if he is going to have a bowel movement

Physical Development

As children interact with their environment, they practice decision-making, use their imagination, and grow more confident in their physical abilities.

Gross motor development

- We assist him to walk up and down stairs by himself
- We offer toys and games that promote his desire to push, pull, collect, gather, give, hide, seek, stack, fill and dump
- When you play with your child, find ways to have him push, give, pull, stack, fill and dump

Fine motor development

- We will give him large size crayons and paintbrushes to make colorful artwork
- When we read to him, we allow him to turn the pages

Relationships

Two year-olds are possessive. It is typical development for your child to offer toys to other children and then want them back. During these times, you can remind him how to take turns. We also know that two-year-olds are capable of frequent tantrums. Tantrums

often happen because a child does not know how to share their thoughts or needs. Keep in mind that:

- As he grows in independence, he will use the word “no” quite a bit
- He will begin to show more interest in other children. Soon, he will play simple games with other children
- Provide routines for him each day, this provides order to his world
- Catch your child being good and tell him what you love about him. Your praise is a powerful reward
- Provide him with words for his feelings

Literacy & Language

Children need many opportunities to talk with other children and adults. This helps to develop their language and reading skills. At two years-old, children should be talking in short sentences.

- He likes to carry around a favorite book and pretend to “read” it
- By singing songs, such as “Old MacDonald,” he will learn sequences
- Two-year-olds will confuse words like “yesterday” and “tomorrow”
- He will repeat words that he hears in our program and at home
- We encourage you and your child to talk about events in your lives

Questions to Ask Your Baby's Pediatrician

“How do I handle a picky eater?”

“How many words should my child know by now?”