

Welcome to Our Program!



Our Commitment to Your Family

Early Head Start and other programs that serve infants and toddlers offer your child a safe place to learn. We know you are your child's first teacher and want to work with you to care for him. As your partner in your child's education and care, we are dedicated to:

- Valuing your culture, beliefs, and traditions in raising your children.
- Listening to your concerns and share ideas on healthy child development.
- Supporting and encouraging you throughout your child's time in our program.
- Sharing your child's progress in our program through daily reports.
- Helping you find community resources, such as those for food, housing, and medical care.
- Contacting you in case of an emergency. You can help us by keeping your child's emergency contact phone numbers updated.

Our Commitment to Your Child

We care for your 2-year-old child by meeting their physical needs, but also following health and safety guidelines, supporting her in meeting milestones, and creating strong bonds between your child and her caregivers. We encourage you to do these things at home, too. We are always available to answer any questions you may have.

Guidance

Two-year-olds may have tantrums. These bursts of emotion often happen because a child does not know how to share his thoughts or needs. Also, children this age say “No!” a lot. It is their way of declaring their independence. 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. In our program, we work to provide a consistent, stable environment for your child.

- We prepare him for transitions between activities during the day. For example, we | say, “You have one song 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 provide routines for him each day, which helps him feel secure and comfortable.
- We give him words to help him talk about his feelings.



AT HOME TIP!

Tell your child when he is being good and remind him what you love about him. Your praise is a powerful reward!

Learning through Play

Two-year-olds learn a lot from mixing, sifting, pouring, stirring, and shaping sand, mud, and clay. Also, children at this age may have trouble sharing. It is typical for your child to offer toys to other children and then want them back. She is just beginning to learn how to interact with others. Your child is learning as she plays. We encourage you to bring extra clothes with your child, in case learning gets messy!

- We help your child learn how to take turns and play nicely with others.
- We play games like “follow the leader,” to help them learn to follow directions.
- We sing songs and listen to stories and rhymes to increase her vocabulary.
- We include time for simple games and messy play.



AT HOME TIP!

Communities are beginning to build safe indoor and outdoor play spaces for families. Find one that works well for your family and your active child.



Language and Literacy

Children need many opportunities to talk with other children and adults. This helps them develop language and reading skills. At 2 years old, children should be talking in short sentences. In our program, your child will have many examples of written and spoken language to help them learn.

- We sing songs, such as “Old MacDonald,” to help your child learn sequences.
- We help him understand words like “yesterday” and “tomorrow” and the concept of time that goes with them.
- We talk with your child about life at home, his family, and things he likes to do.
- We let your child carry around a favorite book and “read” it using pictures and his memory.
- We don’t allow him to watch TV, videos, or digital media while in our care.

Physical Development

As children interact with their environment, they grow more confident in their physical abilities. We help your child build confidence in her abilities in many ways.

- We help her walk up and down stairs by herself.
- We offer toys and games that promote her desire to push, pull, collect, gather, give, hide, seek, stack, fill, and dump.

- We give her large-size crayons and paintbrushes to make colorful artwork.
- When we read with her, we let her turn the pages.
- We make sure every space is safe, so she can learn without fear of injury.
- We support you in working with your child's health care professional to make sure your child is up to date on all her immunizations (shots).

The [Health Tips for Families Series](#) from the National Center on Early Childhood Health and Wellness offers valuable information on a variety of health topics.



AT HOME TIP!

“Special treats” for your child do not have to involve food. Make active play a special treat for her.

Toilet Training

Let us know when your child is ready to be toilet trained. Some signs that your child is ready are when he remains dry for 2 hours and knows if he is wet or dry. He will also need to be able to pull his pants down and up and tell you if he is going to have a bowel movement. Most importantly, he should want to learn.

- If your child is ready for toilet training, we take him to the bathroom often during the day and help him learn what to do.
- We give you daily reports on how toilet training is going and answer any questions.
- Remember, each child is unique and develops at his own rate. If you have concerns, talk to us or your health care professional.

Staying Healthy and Safe

We provide a clean and safe environment for your child. We follow a consistent daily routine to help her grow and develop in healthy ways:

- We practice good handwashing throughout the day, especially around mealtimes and toileting. We help your child learn how to wash her hands properly. Hand washing reduces the spread of infections.
- We provide healthy foods for meals and snacks and offer milk or water to drink.
- We include a nap every day as part of the daily schedule. We will help transition your child when she is ready to move out of a crib. We can talk with you about how to make that decision.

Questions to ask your health care professional at your child's 2 year check-up:

- What are things I can do when my child has a temper tantrum?
- How can I help my child learn new words?
- How do I know when my child is ready for toilet training?
- How can I help keep my child safe in the car and outside?

Use the [Well-Visit Planner](#) to help get organized and learn more about what to expect at your baby's well-visit! For strategies to keep your baby safe on the road and in the car, read [Keeping Children Safe in Vehicles](#) and explore the [National Highway Traffic Safety Administration](#) website.



Adapted from *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition, Copyright 2017. Published by the American Academy of Pediatrics.