



The Foundation Years at Home

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Keeping up with your 2 year old

Two year old children can be exhausting people to be with as they explore the world around them. At this age they are fascinated by everything, but perhaps not yet able to communicate their thoughts and ideas. They are enthusiastic explorers, both indoors and out of doors, but are still developing the physical skills they need and they are very much at the stage of learning how to control and express their emotions.

To help your two year old develop their physical skills you can help to build up their:

- **endurance** - through activities such as running around playing tag for a long time
- **strength** - through activities such as lifting a bucket of sand or hanging on the climbing frame
- **flexibility** - through activities which encourage bending, stretching and twisting, for example bending to pick up a ball.

Even for a two year old it is not possible for the body to keep going without stopping and we all need regular rest and sleep to stay healthy. While your child is asleep she won't move around as much so she will use less energy and her brain will not be stimulated by a constant stream of information from her sense organs.

While your child is asleep her brain will be storing new information in her memory through a process called memory consolidation. If she doesn't get enough sleep she will become irritable, unable to concentrate and more prone to accidents.

Hop, skip and jump

To begin with, these actions will not be easy for your child and they will need your support to develop a sense of balance, coordination and confidence.

This is an ideal game to play on a paved area outdoors. Take your child by the hand and help him to jump from one square to the next.

Sing:

*'If you're happy and you know it, jump with me,
If you're happy and you know it, jump with me.
If you're happy and you know it and you really want to show it,
If you're happy and you know it, jump with me.'*

Repeat the song with different actions:

'Hop with me.' 'Skip with me.' 'Tiptoe with me.'

If your child finds this activity difficult, make one of the verses:

'March with me.'