



## The essentials to the first 1,000 days - Fact Sheet #3

### The amazing growth and development (2-3 years)

It's not unusual to look at your 2-year-old and wonder where your baby went??

All of a sudden you have a child that is talking in sentences, running around and becoming more and more independent. This can be both a rewarding and challenging time for you and your toddler.

While your child is mastering various tasks and building relationships, they can get easily frustrated when things don't go their way. Toddlers are known for testing limits but they also have an increasing desire to please you. By supporting your child's Emotional Intelligence (EQ), you can set them up for a lifetime of success as a global citizen.

#### HOW CAN YOU NURTURE YOUR TODDLER'S EQ?

1. Encourage them to express emotions through words and affection.
2. Ask them to talk about how they are feeling and listen to what they say.
3. Empathise with them when they are upset, afraid or unsure.

#### Big leaps and big emotions

Every child develops at their own pace but around this age your child will start to master daily tasks like dressing themselves, feeding themselves and going to the toilet. Your child's language development will fuel their newfound independence as they start talking in sentences, telling stories and asserting themselves.

Tantrums can be a big source of stress for parents but they are a normal part of growing up. At the age of 2, your toddler is going through

a range of emotions and learning about other people's feelings. Often toddlers struggle to communicate their desires and don't know how to handle feelings of frustration, embarrassment or anger which results in a tantrum.

A good way to deal with a tantrum is through distraction. Try and remove your child from the situation that is causing them to feel upset and encourage them to focus on something positive, like looking out the window or reading their favourite book.



## Supporting your toddlers learning and development

You are the most important person in your child's life and their most influential teacher. You can support their development in these simple yet effective ways.

### 1. Encourage positive relationships

Supporting your child's interaction with other kids, adults and caregivers helps them develop empathy and establish important social skills while giving them a sense of belonging. Try and organise group activities with other children and encourage your child to build trusting relationships with other adults through early learning programs.

### 2. Incorporate learning into every day.

Use everyday scenarios to teach your child basic maths and language skills. When you're walking along the street, ask your child to name all the different things they can see. When cooking, ask your child to count, weigh and measure ingredients then sort them into different food groups.

### 3. Set routines and boundaries.

Toddlers feel more secure and are more likely to cooperate when they have a predictable routine. Knowing what to expect from the day gives them a sense of control in an often overwhelming world. At the beginning of the day, explain what you'll be doing and at the end of the day, talk to them about what happened.

### 4. Foster their independence.

You can build your child's confidence by allowing them to do things on their own and avoiding the urge to step in and help. Let your child pick the clothes they want to wear, then encourage them to get dressed without assistance. They may end up with their pants on back to front but it will give them a wonderful sense of accomplishment.



### Tantrums = TRUST

Toddlers often behave better around strangers than they do around their parents. This is a positive sign, even though it might not feel like it!

Toddlers tend to push the boundaries with people they trust. They are smart enough not to try it with people they don't fully trust yet.



Have Questions?

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children's centre

For more information or to book a tour of our centre, get in touch with us today!

**Hessel Children's Centre**  
91-93 Commercial Rd,  
Port Adelaide SA 5015

**Call** 08 8246 1522

**Email** [info@hesselchildren.com.au](mailto:info@hesselchildren.com.au)

**Visit** [hesselchildren.com.au](http://hesselchildren.com.au)