

BASICS INSIGHTS

2 YEARS

Science-based facts and suggested activities to boost your 2-year-old's brain development and learning!

FACT Spending time reading to your child is one of the best gifts you can give them. When life gets busy, it can be hard to find time to do everything we would like, but the more we find regular times to read, the better.

TRY THIS

- Bedtime is a great time to read, but find a time that works for you to read to your child daily.
- Try to keep the time as consistent as you can.



Read and Discuss Stories

FACT Your toddler is naturally curious. Imagining and then answering fun questions together can help develop their thinking skills and creativity.

TRY THIS

- Make up some fun questions with your child. For example, "I wonder what would happen if animals could talk? What would dogs say?"
- Be creative and have fun.



Talk, Sing, and Point

FACT It is important for toddlers to feel safe and secure. So, as you teach about rules, make sure your child still knows how much you love them.

TRY THIS

- When you give them a "time out" from one thing, give them a "time in" with something else so they learn the right behavior. For example, say, "No blocks because you threw them. Now let's play with crayons."



Maximize Love, Manage Stress

The Basics Principles are 5 FUN, SIMPLE, POWERFUL WAYS

To give your child a great start!



Maximize Love, Manage Stress

Children thrive when their world feels loving, safe, and predictable. Respond with smiles, words, and touch to show your love. You will help them develop a sense of security and self-control.



Talk, Sing, and Point

Babies learn language from the moment they are born. Respond to their sounds, and later, their words. Connect with eye contact and point to help them know what you are talking about.



Count, Group, and Compare

Every child's brain is wired for math. Talk about numbers, shapes, patterns, and comparisons as you go about your routines together. Watch your child learn to love math.



Explore Through Movement and Play

Babies are like scientists who love making discoveries. Watch to see what interests your child, then encourage their curiosity and help them learn when they play and explore.



Read and Discuss Stories

Reading turns kids into confident thinkers. Make books a regular part of your relationship from the very beginning. Talk about the pictures. Make it fun.



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