

BASICS INSIGHTS

2.5 YEARS

Science-based facts and suggested activities to boost your 2.5-year-old's brain development and learning!

FACT As your child's imagination blossoms, they may include you when playing pretend. By joining in, you can learn about their interests and build on their ideas.

TRY THIS

- Join in when your child plays pretend.
- Let them take the lead by deciding what to play. For example, if they decide they are the doctor and you need a shot, you might ask, "Is it going to hurt? Can I have a Band-Aid to wear home?"



**Explore
Through
Movement
and Play**

FACT Recognizing letters is a big step on the path to reading. Your toddler won't be able to write letters yet, but they can start to recognize a few, especially the ones in their name.

TRY THIS

- Write their name on a piece of paper. Talk about each letter and its shape. Let them decorate the page.
- Hang it on a bedroom door or the refrigerator and talk about it sometimes.



**Read and
Discuss
Stories**

FACT Learning to get along with other children is important. Your child is at an age where they will benefit from spending time with other young children.

TRY THIS

- Try to find opportunities for your child to spend time with other children.
- Help them with activities like taking turns. Show them how happy it makes you when they treat others with kindness.



**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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