

## 2 YEAR VISIT

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1

### CHOICE

Give your child choices whenever possible – like, “do you want the red plate or the blue plate.” Limit it to 2 options and make sure both are possible. Letting your child feel in control will help improve their behavior and build independence.

2

### PRETEND

Playing dress-up and pretend is an important part of learning about how others think and feel. Imagining to be someone else and do their job takes a lot of focus and energy and can build important social skills for school.

3

### POTTY

Know the signs that your child might be ready to potty train. These include having interest in the potty, knowing the difference between being wet and dry, being able to follow simple instructions, pooping around the same time every day and knowing related body parts.

4

### ACCEPT

Ignore picky eating and try not to force your child to eat. Avoid battles over food. Talk about healthy food options and praise your child whenever they make good choices.

5

### MOVE

Play games that involve movement. This helps your child practice attention, focus and self-control. See below to learn why this is important and what you can do.

#### Copy Cat

Vroom™ Tip: Two-year-olds aren't ready to follow a game with a lot of rules, but they are good at copying you. Ask them to try to copy you while you do different actions. Can they follow along while you stick out your tongue? Close your eyes? Put your hands on your head? Or touch your toes? What else can you think of?

#### Brainy Background

This game asks your child to pay close attention to your movements and words so they can copy you. They must also use self-control to move the way you move. Focus, memory, and self-control are important skills children need for learning and school. For more tips like these, download the free app at [www.Vroom.org](http://www.Vroom.org)!

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