

THE TWO YEAR OLD:

I. AUTONOMY

- Conflict between independence and dependence, e.g., wants to feed self but may also ask to be fed. Is messy eater.
- Still naps.
- Participates in dressing and undressing self.
- Can put arms into armholes and feet into pants.

II. PLAY

- Is curious, has urge to explore and to examine new things although “doing” rather than accomplishing a goal is typical.
- Can amuse self for short periods of time without close supervision, e.g., on waking.
- Enjoys water play.
- Needs lots of active play.
- Climbs.
- Can play in proximity to, but not actually with, another child.

III. EMOTIONAL STABILITY

- Keeps saying “No!” though doesn’t necessarily mean, “No!”
- Can be distracted.
- Likes to “help” with chores in house. Needs praise and encouragement for efforts.
- Very possessive with playthings.
- Demonstrates ambivalence towards new baby (i.e. may feel both love and jealousy)
- Needs the comfort of the familiar.

IV. COGNITIVELY RELATED SKILLS

- Uses 2-4 words sentences. Acquires new words rapidly. Speech may still be unclear. Refers to self by name.
- Attention span is increasing.
- Can pay attention to some detail.