I am Two



I am Amazing



What is happening to me?

My Brain is growing and developing rapidly in my third year.

My brain is building new connections and getting organized.

It's a very chaotic time for me.



I can feel confused, frustrated, infuriated and frightened but I am delightful and I love you so much.

I have times when it's very confusing as I try to make sense of the world. You might feel I am being difficult but I am trying to build my brain connections so that what I am trying to do comes naturally.



I need to build attachments and trust to those around me like Nursery staff. But I still need you and you will NOT be replaced. Give me time to build these.

I like space, freedom and opportunities each day to help my brain grow and develop.

I need you to help me with this.



What can you do to help me

I need your help to make sense of my feeling and emotions.

Get down to my level and see the world from my eyes.....

Talk Talk to me, listen to me, read to me. I need lots of practice to learn to communicate. The more I practice the more my brain gets organised and I can express myself.

Play I need play to make sense of the world. I like play that involves pretending, singing, using my hands—cutting, drawing; movement—running, climbing, throwing, catching; imagination—dressing up and stories.

Please give me opportunities to do these.

Relax I am naturally in tune with you. I need you to help me with stress. I need you to help me calm down.

Cuddle I love cuddles but also holding hands, massage, stroking and tickling. It makes me feel safe and happy.

Respond Listen to me, wait and see—Don't do for me straight away. Be patient. Show me how you feel so I can understand.

Be consistent.



Need more help

Talk to our Health Visitor, Children Centre—Family Support Team, Nursery —Key Person, Room leaders and other Mums and Dads.

It's not a bad thing for a parent to seek support for us both, but it is if you don't.

I can't ask but YOU can.



