



The ideas in this leaflet will help you and your child to enjoy play together; supporting their independence and social skills. They will help your child to develop their resilience and self-esteem. Having opportunities to achieve or learn from mistakes safely is vital for your child's development.

It is important to remember that children grow and develop at different times and speeds. Further information to help you understand how your child is developing, including what to expect during their first five years, can be found by searching online for the guide **What to expect, when?**

If you ever feel unsure, or have any concerns or questions about your child's wellbeing and development, please contact your Health Visitor, Early Years setting or any other relevant professional involved with your child.

Getting more copies of this leaflet

You can get all our leaflets in large print, easy read format, in Braille, on audio tape or CD, or in other languages. Please phone 01323 747430. They are also available in PDF form, which you can download from our website at <https://czone.eastsussex.gov.uk/early-years/info-for-parents/>

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Help me to be happy, sociable and independent When I am 2-3 years old



Did you know?

- When your child appears strong willed or even a little bossy, this is just their increased need to be more independent.
- Behaviour is a form of communication, not an action to 'wind parents up'. Try and work out what your child may be trying to tell you.
- Your child may still have emotional outbursts, though they are beginning to have an understanding of rules and routines.
- If you use the word 'no' too much it will lose its impact when it is really needed.
- Your child may like to finish what they are doing. Think; if you are reading a book, would you want to stop immediately when you are getting to a good bit?
- Your child may need challenges so if you don't set them they may seek them themselves.
- Your child will start to increase their attention for up to 5 minutes as they near 3 years old.
- Your child will tend to play alongside other children rather than playing cooperatively with them.
- Towards 3 years your child will be starting to understand or name more obvious feelings of others, such as happy or angry. They may also try to comfort others.

Helpful hints

Give me little jobs to do when we are out or at home, I love the responsibility.

I like it when you let me choose the clothes I want to wear (even if it doesn't match) or let me make some safe choices.

Let me play with dolls and figures imaginatively.



Let me have space to run around and make a lot of noise when I feel really energetic.

When you read me a familiar story see if I can tell you how the characters may be feeling.

I like it when you talk with me about the reasons why you have certain rules.

It helps me learn better when you don't over react if I make a mistake.

I like it when you give me extra time to learn a new skill, e.g. getting dressed or feeding myself.

Don't Forget!

Regular praise and encouragement is very important to your child's wellbeing and self-esteem. Praising your child when they do something positive, encourages the behaviour you want.

Routines and being consistent in your expectations can help your child to feel safe and secure in their environment.