

DENVER DEVELOPMENTAL ACTIVITIES

2 TO 3 YEARS

2-3 Years

These activities are designed to help your child with the following basic skills:

Speech and language

Activities to continue:

- Continue reading to your child, and be sure that your child sees *you* reading books. This gives the message that you think reading is important.
- Encourage your child to tell you about what you see in books as well as what you see when you are out for a walk or ride.
- Help select TV programs. Watch with your child *no more than* one hour per day. Remember that many things shown on TV can be frightening to a small child (even news programs). Talk about these programs with your child, and about what is real and what is not.

Name — Teach your child to say his or her first *and* last name. One way to start teaching it is to say the full name of your child very softly, and ask your child to say it softly back to you.

Stories About Your Child — Children love to hear stories about themselves. Tell stories about your child based on real events, or on make believe.

Naming Objects — When you are dressing your child, name pieces of clothing. Let your child find each thing you name and say the name back to you.

Prepositions/Colors/Opposites — When you talk to your child, use phrases that describe things. Examples are, "Put on your *red* sweater," "Your big ball is *under* the table," and "The *little blue* truck is *behind* the chair."

Small muscle and problem-solving skills

Activities to continue:

- Encourage play with puzzles, blocks, nesting toys, and drawing materials.

Sorting — Give your child an empty egg carton to use for "pockets" and have him or her sort things such as coins, different kinds of buttons, different colors, etc. Begin this game using only two different kinds of things. Add more as your child learns to match and sort.

Matching Pictures and Objects — Show your child how to match pictures with real things, such as matching a picture of a ball with a real ball. Talk about their shapes, what they are used for, and so on.

Number Concepts — Show your child how to group things in ones, twos, threes, and so on. Tell your child how many there are in a group and help him or her to count them. ("Here are *three* beans. Let's count them. One, two, three.")

Kindergarten Blocks — Buy a set of large kindergarten blocks. Your child will play with them for many years. As your child gets older, you can add to the set.

Drawing a Face/Shapes — Show your child how to draw shapes such as circles, lines, and so on. Use water-based felt tip pens, crayons, etc. Also show your child how to draw a face.

Large muscle strength and coordination

Activities to continue:

- Encourage climbing, running, jumping, balancing, and playing ball.

Obstacle Course — Have your child play "follow the leader" and crawl, tiptoe, bunny hop, etc., under tables, around chairs, and over pillows.

Broad Jump — Try to get your child to jump with both feet together. Put an old towel on the floor for him or her to try to jump across. Or draw lines in the dirt with a stick or on the sidewalk with chalk.

Bouncing and Catching — Show your child how to bounce a large ball to you. Then bounce it back to him or her so that (s)he can catch it.

Love, self-care, and socialization

Activities to continue:

- Hug and cuddle your child often.
- Soothe and calm your child when (s)he is upset by holding and talking to him or her.
- Plan frequent outings with your child to a playground, store, zoo, etc.
- Try to get your child to wash and dry him- or herself with less and less help, to put on his or her own clothes, and to help with simple household chores.

Dressing Up — Let your child dress up in old adult clothes. Give your child hats, dresses, shoes, etc., and let him or her choose the ones to play with.

Dressing — Try to get your child to dress without any help from you. If you let your child choose his or her own clothes, (s)he will want to get dressed without asking for help.

REMEMBER:

Talk with your child — Play with your child —
Enjoy your child!

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