

2 Year Visit



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.

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.

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.

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.

Move

Play games that involve movement. This helps your child practice attention, focus and self-control.

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Homemade Play

What can you find in your house to play pretend with your child? Offer them clothes, blankets, empty boxes, or clean and safe kitchen objects to use. Follow their lead and see where it takes you. If you need to, you can give them ideas like, “Should we build a boat or pretend to cook dinner?”

Suggested Age

12 months - 3 years

Vroom is not a diagnostic tool. For more info ask your child's doctor.

Brainy Background™



Playing pretend is a great way for your child to explore ideas and practice language skills. They also get to try on different roles, like being a parent or a baby, and to see the world through other people's eyes. This is an important skill for getting along with others.

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