

25 to 36 months

Love and warmth

- ☐ Spending time playing and enjoying being with your child
- ☐ Showing affection in the way your child enjoys
- ☐ Showing interest and delight in the things your child enjoys and discovers
- ☐ Comforting and staying close when they're hurt, tired, frightened or overwhelmed

Talking and listening

- ☐ Sharing books, stories, waiata and rhymes together with your child
- ☐ Answering their questions and encouraging their curiosity
- ☐ Talking about colours, shapes, sizes, numbers and things that are the same or different
- ☐ Naming feelings to help your child begin to understand what they're experiencing

Guidance and understanding

- ☐ Helping your child through big emotions rather than expecting them to manage and calm themselves
- ☐ Helping and encouraging toilet learning when your child shows signs they're ready, responding calmly and without shaming when toileting accidents happen
- ☐ Helping your child practise waiting, turn taking and sharing
- ☐ Taking your 2-year-old child for their Well Child Tamariki Ora check

Limits and boundaries

- ☐ Making sure your home and outdoor spaces are as safe as possible for an active, curious child
- ☐ Modelling the words and behaviour you want your child to learn
- ☐ Giving simple reasons for boundaries so your child can understand them
- ☐ Helping your child practise everyday skills such as dressing, washing their hands and tidying up
- ☐ Offering simple choices when you can so your child can practise making decisions

Consistency and consequences

- ☐ Redirecting your child when they need to make a different choice
- ☐ Choosing which things really need a rule or boundary, and which things are small enough to let go
- ☐ Helping your child to calm down before explaining or teaching
- ☐ Making things right with your child after difficult moments

Structured and secure world

- ☐ Giving your child lots of opportunity for active, energetic and outside play
- ☐ Making time for quieter times and activities like drawing, building, pukapuka, sharing stories and imaginative play
- ☐ Keeping familiar rhythms around kai, sleep, play and getting ready
- ☐ Preparing your child for changes and transitions when you can
- ☐ Helping your child build relationships with trusted whānau and other important people

What feels important to you?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____