

Two to three years

Between the ages of two and three, children are developing their own separate identities. They'll start to use words like 'mine' and insist on doing things for themselves.

They may be more interested in playing with other children. Learning to share and cooperate with others takes lots of practice.

Their emotions will feel too big for them sometimes. They'll need your help to calm down. While they don't mean to hurt others, sometimes they'll just get overwhelmed.

The learning they do between two and three is amazing!



Ways you can support them:

- stay with them when they play with others and help them to share and take turns
- ask them to do one thing at a time – not a list
- give them lots of praise, and be specific about what you like
- give them little jobs to do, like handing you the pegs or filling the clothes basket with washing
- respect their boundaries too – they'll hug or kiss people they feel connected to, and shouldn't be told to hug or kiss
- stay calm and loving when you need to follow through with a consequence.

Te hinengaro mīharo



The emotional brain is driving how they behave at this age. Practise new skills, like taking turns, when they're happy and relaxed.

Whānau say

“Making it into a game or singing a silly song can lighten the mood and avoid a power struggle.”

