



# Ready, Set, Grow

## Getting ready to be two

### Communication

- I no longer have my dummy
- I am beginning to put words together
- Using my words and actions, I let you know if I want help, and can start to show how I am feeling
- I am beginning to follow simple instructions
- I join in simple nursery rhymes with some words and gestures
- I enjoy listening to stories

### Social and emotional

- I enjoy being with my parents or carers and doing things together
- I enjoy playing alone and alongside others, I will sometimes engage in play with others too
- I enjoy games where I am learning to share
- I am learning about routines and boundaries
- I am expressing my own ideas and preferences through words or/and actions

### Learning together

- I enjoy playing games and other activities such as exploring outside
- I like to visit the library and go to toddler groups or other social events
- I like to help my parent or carer with jobs, such as shopping, tidying my toys or sorting socks
- I might get frustrated when I can't get things right, so I will need your help to try again

### Health and wellbeing

- my parents or carers can get support and advice if they are concerned about my development or wellbeing
- I am up to date with my immunisations
- I will soon have my two and a half year old health and development review with the health visiting service
- I have visited the dentist
- I enjoy exercise

### Self help

- I am learning how to be independent
- I am showing awareness of routines such as hand-washing, teeth cleaning, feeding myself or drinking from an open cup, and may still need your help with these
- I am showing an interest in clothing, I may try to help you put them on and take them off
- I am becoming self aware of my toileting needs and could already be using the potty or toilet

Getting ready for school starts from birth, establishing strong roots early on can give your child a head start

For further ideas on how to support your child in the above areas please see QR codes and links below



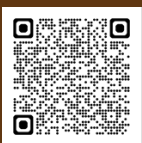
Care and support available to children and families  
<https://www.wokingham.gov.uk/children-families-and-young-people/children-and-families>



NHS Berkshire healthcare Children, Young People & Families Services  
<https://cypf.berkshirehealthcare.nhs.uk/>



Special Educational Needs Local Offer  
<https://www.wokingham.gov.uk/children-families-and-young-people/send-local-offer>



Is your child up to date on their immunisations?  
<https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>



Children Ready for School Success  
<https://wsh.wokingham.gov.uk/early-years-childcare-and-play/children-ready-school-success>



Chat Health text service  
<https://cypf.berkshirehealthcare.nhs.uk/our-services/public-health-nursing-health-visiting-school-nursing-immunisation/text-a-health-visitor-or-school-nurse/>