

# Development at 24 months

## HAPPY 2ND BIRTHDAY!



The Barnet Health Visiting service would like to say 'happy birthday' and share with you some helpful tips on your child's next stage of development as well as list some resources which you may find useful.

## DEVELOPMENT MILESTONES

All children develop differently and it's important not to compare, but here are some ideas of the things you should be noticing your child doing...

## PHYSICAL

- Tries to kick a ball
- Starting to walk up and down the stairs
- Jump with both feet leaving the floor at the same time
- Hold a pencil by using thumb and first two fingers, and draw a straight line
- String small items such as beads, pasta onto a string
- Drink from a cup with no lid



# COMMUNICATION IN THEIR HOME LANGUAGE

- Use two word sentences such as 'more milk!' and 'no shoes'
- Starting to follow two part instructions such as, 'go and get your shoes and bag'
- Use at least fifty words for common items and actions such as cup, stop, duck
- For those who speak more than one language the total words used should be the same, for example, 20 words in English and 30 words in Turkish



## PERSONAL & SOCIAL

- Use pretend play, pretend to make you drinks, food, or pretend to make phone calls
- Copy things you do in the home, pretend to clean things up and role play
- Eat a variety of foods using a spoon and cup
- Sleep through the night
- Indicate that they have a wet /dirty nappy or need to go to the toilet



## USEFUL LINKS TO AID YOUR CHILD'S HEALTH AND DEVELOPMENT CAN BE FOUND VIA THE BELOW LINKS:

### DEVELOPMENT

- [Chapter 4 - A guide to your child's growth and development 104-123 Birth to five 2021](#)

### COMMUNICATION & LANGUAGE

- [Look, Say, Sing, Play - Brain-building tips | NSPCC](#)
- [Learning to talk 1 to 2 years](#)
- [Library services](#)
- [Bilingual babies and speaking multiple languages](#)

### HEALTHY EATING

- [Eating well: infants and new mums](#)
- [Weaning and feeding: what to feed young children](#)

### VITAMIN SUPPLEMENTS

- The Government recommendation is that all 1-5 year-olds have vitamin drops every day containing vitamins A, C and D. [Please click here for more information on vitamins for children.](#)
- [Top tips for parents: vitamins](#)

## ORAL HEALTH

Tooth brushing is important throughout life. Early introduction to the habit of tooth brushing is important, therefore we encourage you as parents to brush your children's teeth as soon as a tooth appears. For all children aged 0 - 3 years, It is good practice to use only a smear of fluoridated toothpaste twice daily last thing at night and on one other occasion. Brushing at bedtime ensures the fluoride continues working while your child is asleep and when saliva flow decreases.

- [Top tips for parents: children's teeth](#)
- [Looking after your baby's teeth](#)
- [How to find an NHS dentist](#)

## SAFETY AND MANAGEMENT OF MINOR ILLNESSES

As your child grows and develops, there are many different risks within your home and lots of adventures to be had so think ahead and be prepared. The websites below provide useful information on safety both inside and outside the home.

- [Ages and stages](#)
- [Baby and toddler safety](#)
- [Swimming safety information](#)

[View your minor illness leaflet here.](#)

## SLEEP

It's important to start good habits around falling to sleep and staying asleep as a toddler. The following websites have useful information

- [How much sleep do children need?](#)
- [The Lullaby Trust - Safer sleep for babies, Support for families](#)

## TOILET TRAINING

By 2 years of age your child may be indicating they are aware they have passed urine or need a poo. The age this happens varies considerably but when this does start to happen its good to be ready. The website ERIC has excellent resources to support the toilet training process:

[ERIC: poo and wee](#)

## PLAY GROUPS

Going to toddler groups helps your child develop their interactions with other children and prepares them for nursery. If you receive a letter from the council, your child meets the criteria for two year funding and you will need to register them at a nursery which provides two year places.

[Find your nearest children centre here.](#)

[Information about early education funding.](#)

## CONTACT US

Call us: 020 7288 3211

Email us: [hcp.4barnet@nhs.net](mailto:hcp.4barnet@nhs.net)

Visit us online: [www.whittington.nhs.uk/BarnetHCP](http://www.whittington.nhs.uk/BarnetHCP)

