

Two's Challenges

Potty training: Are you in pants? Are you using the toilet/potty?

If not let's try! 😊

Adults: Encourage your child to use the toilet or potty. Give them lots of praise when doing so as this gives the child more confidence and makes the experience positive. If they are able to stay dry for a period of time you set, let them have a treat as a reward 😊

Try new foods / Tastes and Textures

Do you eat a variety of fruit and vegetables? What's your favourite food? What food don't you like?

Adults: Encourage your child to try new tastes and textures of food. The more they try the more their taste pallet expands. Why not try a three plate system, first plate is of food they may not want to try or dislike, the second is of fruit and vegetables they do like and will eat, and the third plate is the treat plate where they could have a cake or some crisps. Before they get to the treat plate they need to try or eat some food off of the first and second plate. Hopefully they discover new foods/ tastes and textures they like

