

Your Child's Growing Independence

(24–36 Months)

Our program uses the **HighScope Curriculum**. HighScope emphasizes research-based active learning, where young children build knowledge through play and interaction with others as well as their environment.

Your Child is Discovering Themselves and the World

- Highly active; climbing, running, and jumping
- Starts to understand their own and others' feelings
- Uses words like “I,” “Me,” and “We”
- Enjoys pretend play and creating stories
- Understands that people and objects exist even when not seen
- Begins solving problems and asking questions like “Why?”

Physical Development

- Loves running, jumping, climbing, and using stairs
- Builds with puzzles, blocks, and beads
- Uses utensils like spoons and cups independently

Ways you can help:

- Give time and space for big movement inside and outside
- Offer puzzles, playdough, and materials to explore
- Encourage self-feeding and independence during meals



Social & Emotional Development

- Enjoys playing and cooperating with others
- Begins to label emotions
- Starts to feel proud of their accomplishments

Ways you can help:

- Encourage cooperative play with peers
- Help label feelings like “You look frustrated when...”
- Create moments for children to feel successful like cleaning up toys, feeding themselves



Flip over to see what your child is learning and how you can support them every day!

Communication & Language

- Begins using short sentences to express needs, ideas, and feelings
- Can name familiar people, objects, and actions
- Enjoys listening to stories with rhymes and repeated phrases

Ways you can help:

- Have frequent, back-and-forth conversations using real words
- Follow your child's lead and pause to let them respond
- Read books together and talk about pictures
- Point out colors, shapes, and animals during daily routines

Thinking & Problem Solving

- Loves pretend play and can act out real-life situations
- Begins to understand one-to-one matching, like one sock per each foot
- Notices how things work and enjoys solving simple problems

Ways you can help:

- Offer real-life items for pretend play, like pots, keys, phones
- Encourage matching opportunities, like socks, cups, animals
- Ask questions like "What happens if...?"
- Give them time to try, fail, and try again
- Celebrate effort and discovery, not just the "right" answer

Simple Ways You Can Support Your Child Every Day



Talk through everyday moments. "Now we're putting on your shoes!" Label actions and feelings



Let them try it themselves. Encourage independence, even if it's messy or slow



Join their pretend world. Play along with their stories and characters



Follow their curiosity. Let their interests guide your conversations and play



Read, repeat, and rhyme. Toddlers love hearing the same stories again and again



Celebrate effort, not perfection. Notice when they try something new or stick with a challenge

Every "why?" and "me do it!" moment is a chance to learn.

Want to learn more about how we support your child's growth with **HighScope**?

Visit www.famconn.org or scan the QR code.



This sheet was provided by **The Early Years Count!** education initiative sponsored by **The Community Foundation of St. Joseph County**. *The Early Years Count!* supports early childhood educators by promoting high-quality play based early learning experiences. Through a continuous cycle of training, assessment, and support grounded in the research-based HighScope curriculum, we help ensure every child gets the best possible start. Together, we're building strong foundations for lifelong learning.