

2 year-old check:

Dear parent or carer,

This letter is about your child's progress check at age two. This check is a requirement in the early years foundation stage and takes place between your child's second and third birthday.

This is not the same as the check that health visitors carry out. Sometimes both checks are carried out together. If they are done separately, please share the health check with your early years practitioner. That helps to create a rounded picture of your child's health and development.

Early development isn't pre-programmed: what parents and early years practitioners do makes a difference.

That is why your early years practitioner is going to meet with you to complete this check. Having a strong and respectful partnership is important. It sets the scene for your child to thrive in the early years. The check is carried out with you, not just for you.

The partnership includes listening to your views and giving you clear information about your child's progress.

The completed check will be shared with you. It will include your views. It will set out how you and your early years practitioner will work together to help your child's continuing development. If your child is having any difficulties with their development, or has a special educational need or disability, it will set out the additional help your child will receive.

Find out more about the early years foundation stage

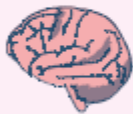
Search online for '**What to expect in the EYFS**'



Yours faithfully,

The progress check at age two can support you with ideas to help your child's development at home. Research tells us that what parents do is crucial. The first five years are the most important years for health and happiness in adulthood. What does your child need?

To help me thrive, feed my brain

	When you chat, play and read with me, my brain forms more than a million new connections every second.
	My brain is already about 80% of its adult weight.
	I like it when we play and have fun – I don't have to feel like I'm 'learning'.
	I don't need you to set a time. You can chat, play or read with me on the way to nursery, while you're making a meal or even in the supermarket.
	I don't need pricey books or toys.
	It all goes in.

Let me be active

	When I'm active, I'm happy and healthy – and I sleep better, too.
	I love to play with toys, walk, jump, run, dance and scoot.
	Aim for at least three hours across every day.

Help me with my emotions

	I am learning to talk about how I feel. "I love it when..." "I'm sad because..."
	I am beginning to understand how to wait for my turn. I am learning to control my feelings when I want something.
	I am learning how to make friends with other children.

What happens early matters for a lifetime.