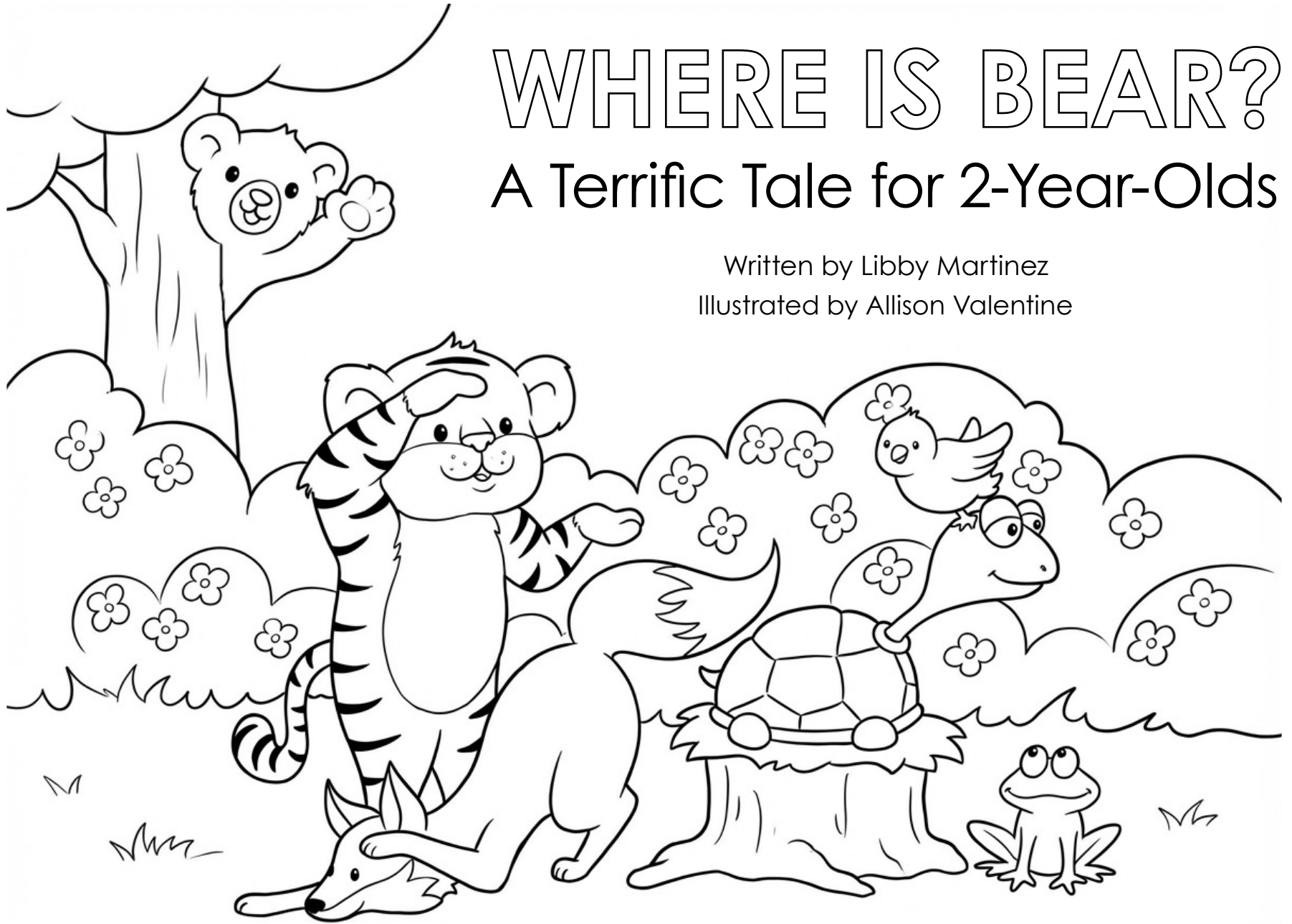


WHERE IS BEAR?

A Terrific Tale for 2-Year-Olds

Written by Libby Martinez

Illustrated by Allison Valentine



Centers for Disease
Control and Prevention

cdc.gov/AmazingBooks
1-800-CDC-INFO

Bear and Tiger are 2 years old.
They are friends.

This is
Bear. →

← This is
Tiger.



Parents: look for the leaf  to learn
important developmental milestones
to look for in your child by age 2!



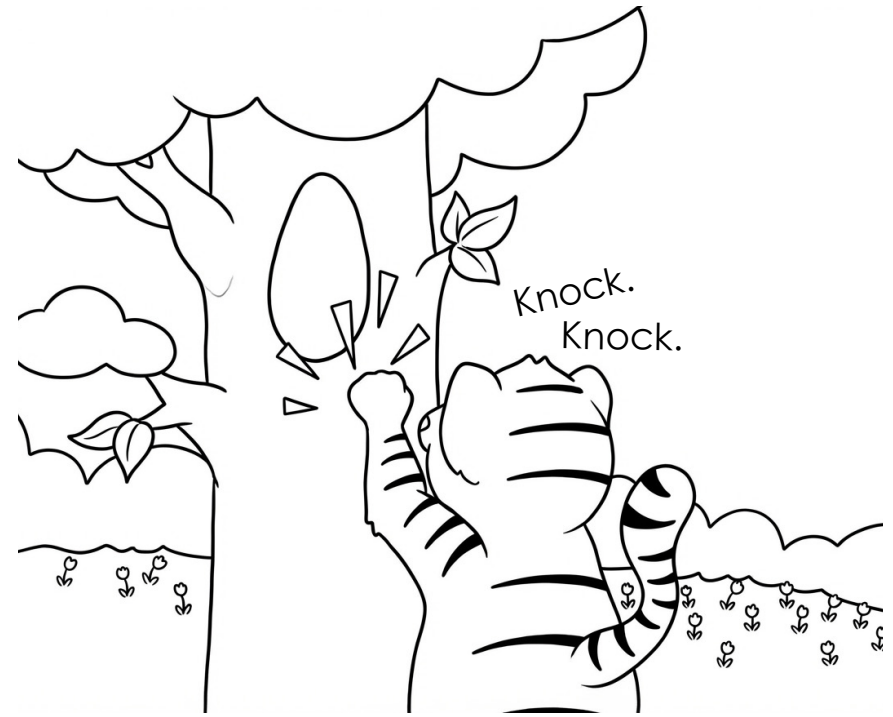
Bear and Tiger have a favorite game.
It's called, "Where is Bear?"

Do you want to play?
Cover your eyes while Bear hides!



MILESTONE MOMENT
Follows simple directions

Where is Bear?



Let's ask Bird if she sees Bear.
Bird lives in a _____.
Knock two times on Bird's tree.
Knock. Knock. "Bird! Bird!"



MILESTONE MOMENT

Tries to name things
in a picture book

"Where is Bear? Is he in the tree?" asks Tiger.
"No," says Bird. "But I will help you find him."
"Great, Bird! I'll fly like you!" says Tiger.



MILESTONE MOMENT

By age 2, most children copy others,
especially adults and other children

Let's ask Frog if he sees Bear.
Frog lives in a pond.
Splash the water and call Frog.
Splash. Splash. "Frog! Frog!"



*Splash.
Splash.*



MILESTONE MOMENT

Follows two-step instructions

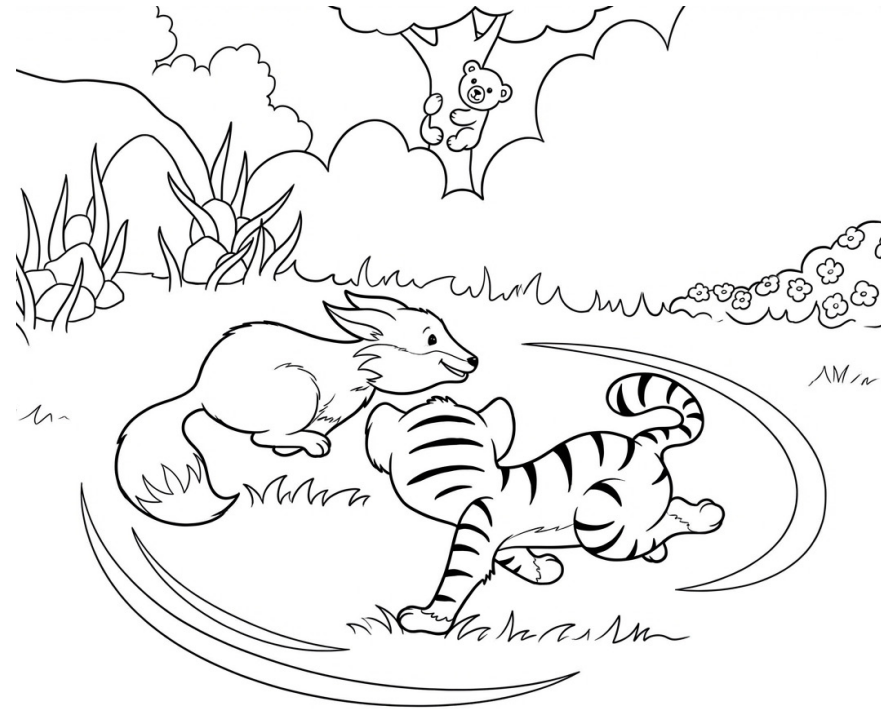
"Where is Bear? Is he in the pond?" asks Tiger.
"No," says Frog. "But I will help you find him."
"Bird, look how high Frog jumps!" says Tiger.



MILESTONE MOMENT

By age 18 months, most children point
to show others something interesting

Let's ask Fox if she sees Bear.
Fox lives in a cave.
Fox likes to run.
Can you run like Fox?



MILESTONE MOMENT

Runs and begins to play
with other children

"Where is Bear? Is he in the cave?" asks Tiger.
"No," says Fox. "But I will help you find him."



Let's ask Turtle if he sees Bear.
Turtle likes to hide in the leaves.
Let's pretend we're the wind
and blow the leaves away.



MILESTONE MOMENT

Tries to copy you, like
pretending to blow the leaves

"Where is Bear? Is he in the leaves?" asks Tiger.
"No," says Turtle. "But I will help you find him."



Do YOU know where Bear is?



"He's where?" asks Tiger.



MILESTONE MOMENT

Points to pictures in a book,
when you ask, "Where is the bear?"



"Bear! Bear is up there!" says Tiger.
"We found him!"

"Hooray!" his friends say.
"Let's play again!"



DEVELOPMENTAL MILESTONES FOR TERRIFIC 2-YEAR-OLDS

Watch and see if your 2-year-old can do each of these milestones.

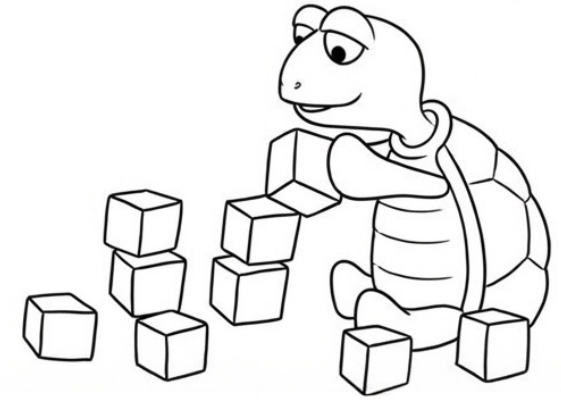
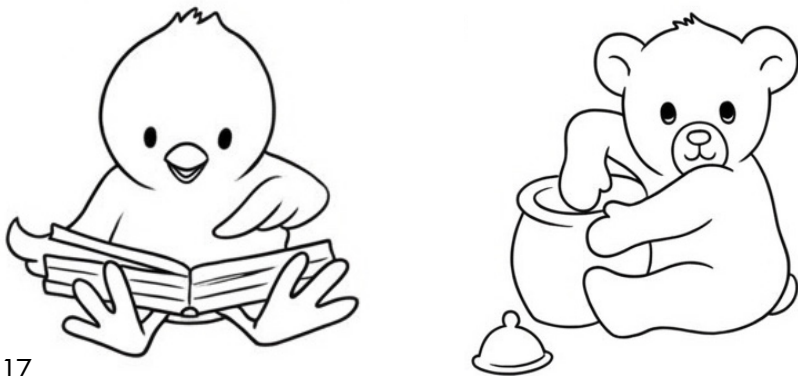
Share this checklist and any related information from your child's teachers or other providers with the doctor at every well-child visit.

Social/Emotional Milestones

- ☐ Notices when others are hurt or upset, like pausing or looking sad when someone is crying
- ☐ Looks at your face to see how to react in a new situation

Language/Communication Milestones

- ☐ Points to things in a book when you ask, like "Where is the bear?"
- ☐ Says at least two words together, like "More milk."
- ☐ Points to at least two body parts when you ask him to show you
- ☐ Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes



Cognitive Milestones

(Learning, Thinking, Problem-Solving)

- ☐ Holds something in one hand while using the other hand; for example, holding a container and taking the lid off
- ☐ Tries to use switches, knobs, or buttons on a toy
- ☐ Plays with more than one toy at the same time, like putting toy food on a toy plate

Movement/Physical Development Milestones

- ☐ Kicks a ball
- ☐ Runs
- ☐ Walks (not climbs) up a few stairs with or without help
- ☐ Eats with a spoon



Terrific Tips to Help Your 2-Year-Old

Learn and Grow

How you can help your 2-year-old learn and grow:

- Use positive words when your child is being a good helper. Let him help with simple chores, such as putting toys or laundry in a basket.
- Give your child balls to kick, roll, and throw.
- Play with your child outside, by playing “ready, set, go.” For example, pull your child back in a swing. Say “Ready, set...”, then wait and say “Go” when you push the swing.
- Let your child play dress up with grown-up clothes, such as shoes, hats, and shirts. This helps him begin to pretend play.
- Have steady routines for sleeping and feeding. Create a calm, quiet bedtime for your child. Put on his pajamas, brush his teeth, and read 1 or 2 books to him. Children this age need 11 to 14 hours of sleep a day (including naps). Consistent sleep times make it easier.



For more milestones, tips, and other free materials, like CDC's free Milestone Tracker app, visit **cdc.gov/ActEarly/Families** or call 1-800-CDC-INFO (1-800-232-4636); agents speak English and Spanish.



Concerned About Your Child's Development?

If your child is missing milestones or you are concerned about your child's development, talk with your child's doctor, teacher, or other providers and ask about developmental screening.

Don't wait. Acting early can make a real difference! Visit **cdc.gov/Concerned** for more information on how to support your child.



**Download CDC's free
Milestone Tracker app**

