

## **Important Milestones: Your Baby at Two Years**

How your child plays, learns, speaks and acts will give you important clues about your child's development. Developmental milestones are things that a majority of children can do by a certain age.

Look at what your child has reached by their 2<sup>nd</sup> birthday and discuss this with your child's doctor next time you see them and find out what to expect next.

### **What most babies do at this age:**

#### Social and Emotional

- Copies others, especially adults and older children
- Gets excited when with other children
- Shows more and more independence
- Shows defiant behavior (doing what he has been told not to)
- Plays mainly beside other children, but is beginning to include other children, such as in chase games

#### Language/Communication

- Points to things or pictures when they are named
- Knows names of familiar people and body parts
- Says sentences with 2 to 4 words
- Follows simple instructions
- Repeats words overheard in conversation
- Points to things in a book

#### Cognitive (learning, thinking, problem-solving)

- Finds things even when hidden under two or three covers
- Begins to sort shapes and colors
- Completes sentences and rhymes in familiar books
- Plays simple make-believe games

- Builds towers of 4 or more blocks
- Might use one hand more than the other
- Follows two-step instructions such as “pick up your shoes and put them in the closet”
- Names items in a picture book such as a cat, bird or dog

#### Movement/Physical Development

- Stands on tiptoes
- Kicks a ball
- Begins to run
- Climbs onto and down from furniture without help
- Walks up and down stairs holding on
- Throws ball overhand
- Makes or copies straight lines and circles

Act early by talking to your child’s doctor if your child:

- Doesn’t use 2-word phrases (for example “drink milk”)
- Doesn’t know what to do with common things, like a brush, phone, fork, spoon
- Doesn’t copy actions and words
- Doesn’t follow simple instructions
- Doesn’t walk steadily
- Loses skills they once had

Tell your child’s doctor or nurse if you notice any of these signs of possible developmental delay for this age.