



DEVELOPMENT MILESTONES AND ACTIVITIES CHECKLIST FOR 2 YEARS OLD

COGNITIVE

- Finds hidden things under two or three covers
- Starts to sort by shapes and colors
- Can complete sentences and rhymes in books that are often read
- Plays pretend and make-believe games
- Can build towers at least four or more blocks
- Uses one hand dominantly
- Can follow two-step instructions
- Can name items in picture books

SOCIAL AND EMOTIONAL

- Copies others
- Shows a wide range of emotions
- Shows more independence
- Shows defiant behavior
- Starts to play with other children

LANGUAGE

- Points to things, people, or pictures named
- Knows names of people and body parts
- Can say two to four word-sentences
- Can follow simple instructions
- Copies and repeats words heard

PHYSICAL

- Stands on tiptoe
- Throws and kicks a ball
- Starts to run
- Climbs onto furniture without assistance
- Walks up and down stairs holding on
- Makes or copies straight lines and round shapes



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RECOMMENDED ACTIVITIES

- Create and maintain a loving and safe environment that your child can explore in,
- Continue with the established routine,
- Praise good behaviors,
- Encourage your child to do simple chores,
- Let your child play alongside other kids. Your child may not play with other children at this time. Just ensure that there are many toys the kids can play with,
- Teach your child about animals, body parts, and other topics of interest,
- State things correctly instead of highlighting the mistake,
- Encourage your child to speak word instead of pointing,
- Play hide and seek,
- Encourage your child to do puzzles with shapes, colors, or farm animals,
- Provide educational toys,
- Do art activities together,
- Ask your child to open doors and flip pages of books,
- Ask your child to carry small objects when he/she can walk steadily,
- Let your child walk, run, and climb in a safe environment,

TALK TO YOUR DOCTOR IF YOUR BABY

- Does not say phrases
- Does not know what common or familiar things are for
- Does not copy actions and words
- Does not/cannot follow simple instructions
- Does not walk steadily
- Loses skills he/she once had

REFERENCE:

CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann. © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics.
BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN AND ADOLESCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics.