

## Developmental Milestones Checklist for 2-Year-Olds

### Gross Motor Skills

- Walks independently and can run a few steps.
- Climbs on furniture and play equipment.
- Kicks a ball forward.
- Begins to jump in place.
- Stands on tiptoes.

### Fine Motor Skills

- Stacks two to four blocks.
- Scribbles with crayons or markers.
- Turns pages in a book, one at a time.
- Can use a spoon and fork with some spills.
- Imitates drawing a vertical line.

### Cognitive Development

- Begins to sort objects by shape and color.
- Can complete simple puzzles (2-4 pieces).
- Follows simple two-step directions (e.g., "Pick up the toy and put it in the box").
- Engages in simple pretend play (e.g., feeding a doll).
- Shows curiosity about how things work.

### Language Development

- Says about 50-100 words, using simple phrases.
- Combines two words to form simple sentences (e.g., "More juice").
- Names familiar objects and people (e.g., "Mama," "dog").
- Understands and follows simple commands.
- Points to body parts when asked.

### Social-Emotional Development

- Shows interest in other children and may engage in parallel play.
- Begins to assert independence (e.g., saying "no").
- Shows a wide range of emotions (e.g., happy, sad, angry).
- Can express simple needs and desires (e.g., "Help!" or "Up!").
- May exhibit separation anxiety when away from parents.



## Self-Help Skills

- Begins to undress with assistance (e.g., removes socks or shoes).
- Can help with dressing (e.g., holds out arms for sleeves).
- Attempts to wash hands with assistance.
- Begins to show interest in potty training (e.g., may tell caregiver when wet or dirty).
- Can assist in simple chores (e.g., putting away toys).

## Additional Areas of Growth and Development

### Behavioral Observations

- Attention Span: How long can the child focus on a task or activity?
- Impulsivity: Does the child often act without thinking or have difficulty waiting their turn?
- Temperament: Observe if the child is generally easygoing, difficult, or slow to warm up to new situations.

### Social Skills

- Cooperation: How well does the child share toys or take turns with peers?
- Conflict Resolution: Does the child show the ability to resolve disagreements or seek help from an adult?
- Empathy: Does the child show concern for others' feelings, such as comforting a crying peer?

### Language and Communication Skills

- Vocabulary Growth: Track the number of new words the child learns over time.
- Understanding of Directions: How well does the child follow multi-step directions?
- Use of Pronouns: Are they starting to use words like "I," "me," "you," "he," and "she"?

### Emotional Regulation

- Coping Strategies: How does the child handle frustration or disappointment? Do they have any strategies for calming themselves?
- Expression of Emotions: Can the child label their feelings (e.g., happy, sad, angry)?

### Self-Care Skills

- Independence in Feeding: Can the child feed themselves without assistance?
- Potty Training Progress: Track the child's readiness for and success with toilet training.
- Hygiene Habits: Are they beginning to wash their hands independently after using the bathroom or before meals?



## Play Skills

- **Types of Play:** Track the variety of play styles (e.g., solitary, parallel, associative) the child engages in.
- **Imaginative Play:** Does the child engage in pretend play? What scenarios do they create?
- **Use of Toys:** How does the child interact with different types of toys (e.g., blocks, puzzles, art supplies)?

## Health and Physical Well-Being

- **Nutrition and Eating Habits:** Track preferences for different foods and any aversions.
- **Sleep Patterns:** Note the child's nap times and overall sleep quality.
- **Physical Health:** Record any illnesses, allergies, or concerns that may affect development.

## Family and Environmental Influences

- **Family Dynamics:** Note any changes at home, such as new siblings, moves, or significant events that may impact the child.
- **Cultural Influences:** Consider how cultural practices and values influence the child's behavior and development.

## Interests and Preferences

- **Favorite Activities:** Track what types of activities or themes the child shows the most interest in (e.g., animals, music, outdoor play).
- **Preferred Toys or Games:** Observe which toys or games the child gravitates towards during playtime.

## Tracking Progress

- **Frequency of Observations:** Regularly observe and record each child's progress in these areas.
- **Documentation:** Use this checklist to note specific examples of each milestone as they are observed.
- **Parent Involvement:** Share observations with parents and encourage them to provide input based on their experiences at home.

