

# Your Child at 2 Years



CHILD'S NAME \_\_\_\_\_

CHILD'S AGE \_\_\_\_\_

TODAY'S DATE \_\_\_\_\_

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

**Check the milestones your child has reached by his or her 2nd birthday.** Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next. If you have questions, call Help Me Grow at **888-510-1211** to speak to trained staff who can provide information and support.

## What Most Children Do at this Age:

(Check all the things your child does now)

### Social/ 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

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

- Begins to sort shapes and colors
- Plays simple make-believe games
- Builds towers of 4 or more blocks
- 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

- Kicks a ball
- Begins to run
- Climbs onto and down from furniture without help
- Throws ball overhand
- Makes or copies straight lines and circles

## Act Early If Your Child:

(Check all the things that are true for 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 she once had

**Tell your child's doctor or nurse if you notice any of these signs.**

You can also call Help Me Grow at **888-510-1211**. Trained staff will listen to your concerns and help you get connected to resources for your child's development. You can also find local resources at [www.alamedakids.org](http://www.alamedakids.org).

### It's Time for Your Child's Screening

The American Academy of Pediatrics recommends that all children be screened for general development and autism at the 24-month visit. Ask your child's doctor about a screening at your upcoming visit. Or complete a screening today:

[www.alamedakids.org/screening](http://www.alamedakids.org/screening)

Learn the Signs. Act Early.