

## **Early Signs & Child Development Milestones**

### **Developmental Milestones by the End of 2 Years**

#### **Movement**

- Walks alone
- Pulls toys behind her while walking
- Carries large toy or several toys while walking
- Begins to run
- Stands on tiptoe
- Kicks a ball
- Climbs onto and down from furniture unassisted
- Walks up and down stairs holding on to support

#### **Hand and Finger Skills**

- Scribbles spontaneously
- Turns over container to pour out contents
- Builds tower of four blocks or more
- Might use one hand more frequently than the other

#### **Language**

- Points to object or picture when it's named for him
- Recognizes names of familiar people, objects and body parts
- Says several single words (by 15 to 18 months)
- Uses simple phrases (by 18 to 24 months)
- Uses two- to four-word sentences
- Follows simple instructions
- Repeats words overheard in conversation

#### **Cognitive**

- Finds objects even when hidden under two or three covers
- Begins to sort by shapes and colors
- Begins make-believe play

#### **Social**

- Imitates behavior of others, especially adults and older children
- Increasingly aware of herself as separate from others
- Increasingly enthusiastic about company of other children

#### **Emotional**

- Demonstrates increasing independence
- Begins to show defiant behavior
- Episodes of separation anxiety increase toward midyear then fade

## Developmental Health Watch

Because each child develops at his own particular pace, it's impossible to tell exactly when yours will perfect a given skill. The developmental milestones will give you a general idea of the changes you can expect as your child gets older, but don't be alarmed if he takes a slightly different course. Alert your pediatrician; however, if he displays any of the following signs of possible developmental delay for this age range.

- Cannot walk by 18 months
- Fails to develop a mature heel-toe walking pattern after several months of walking, or walks exclusively on his toes
- Does not speak at least 15 words by 18 months
- Does not use two-word sentences by age 2
- By 15 months, does not seem to know the function of common household objects (brush, telephone, bell, fork, spoon)
- Does not imitate actions or words by the end of this period
- Does not follow simple instructions by age 2
- Cannot push a wheeled toy by age 2

Excerpted from *Caring for Baby and Young Child: Birth to Age 5*, Bantam 1999

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