

Your Child at 2 Years

Developmental milestones are essential markers that help parents and caregivers track their child's growth and development. The following are typical milestones that can be expected for a 2-year-old. However, every child is unique, and the rate of development can vary slightly. If you have concerns about your child's development or notice significant delays in achieving these milestones, it is essential to consult with your pediatrician. Early intervention can often address any developmental issues and can ensure that your child gets the support that they need to grow and thrive.



Growth and Movement Milestones

- Walks well
- Takes steps backwards
- Runs, but can't stop or turn well
- Tosses and kicks ball
- Likes to push, pull, fill, and dump
- Bends to pick up things without fall
- Opens cabinets, drawers, & boxes
- Stacks 4-6 blocks
- Climbs on and off furniture
- Almost has full set of teeth
- Walks up & down steps with handrail
- Enjoys small, wheeled riding toys
- Assists with washing hands
- Drinks from straw
- Feeds self with spoon
- Begins to show some control of bowel and bladder (not complete)



Cognitive and Language Milestones

- Has vocabulary of several 100 words
- Uses 2-3 word sentences
- Repeats words that others say
- Talks to self and jabbers expressively
- Hums & likes to sing familiar songs
- Says "Please" & "Thank You"
- Has a favorite toy
- Listens to short rhymes or fingerplays
- Points to eyes, ears, nose when asked
- Tries switches, knobs, buttons
- Plays with more than one toy at once
- Uses 2 hands together to manipulate a toy. One hand holds jar, other hand removes lid



Social and Emotional Milestones

- Likes to imitate others
- Shows independence. Says "no"
- Has difficulty sharing
- Has difficulty waiting
- Has tantrums
- Acts shy around strangers
- Comforts distressed friends/parents
- Likes to do things alone
- Refers to self with own name
- Uses words "me" and "mine"
- Enjoys pretending - dress up, talk on phone
- Constant exploring
- Becomes attached to toy or blanket
- Slaps, hits
- Shows affection with hugs/kisses
- Likes books



All for Kids Home Health



Activities & Toys for your 2-Year-Old



Engaging your 2-year-old in age-appropriate activities can be fun and entertaining. Children in this age group continue to develop motor skills and language. Be prepared for constant questions. Remember that 2-year-olds have short attention spans, so keep your activities brief. Give them independence and follow their lead during play. Most of all, have fun together. Here are a few activity and toy recommendations for this age:

Activities:

- Play "I spy" with your child. This simple game is a great way to strengthen language skills.
- Read books every day.
- Talk with your child every day. Language is developing quickly at this age.
- Dance with your child. Explore new rhythms and sounds together.
- Encourage dress up activities and other make-believe play.
- Encourage play dates with same aged peers. Model sharing and turn taking.
- Let your child help with chores such as setting the table or picking up toys.
- Play catch and kick ball in the back yard.
- Go to playgrounds to swing, climb, and slide.
- Start to work on problem solving skills. Get toys with push buttons or doors that need to be manipulated to make something happen.
- Offer a variety of different foods.
- Begin to explore toilet training readiness. Have your child practice sitting on the potty. Practice pulling pants down and up. Make bathroom time fun. Girls typically potty train between 2-3, while boys can take until age 3 ½ to be completely trained.
- Encourage art exploration. Let your child play with crayons and chalk.

Toys:

- Peg board with large pegs
- Large, soft balls
- Beads to string
- Shape sorter, ring stacker
- Toy phone
- Large crayons
- Snap and lock beads
- Riding toys (non-motorized)
- Dress up clothes