

Your Child at 2 Years★



M [REDACTED]
Child's Name

Child's Age

10/6/20
Today's Date

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 2. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What Most Children Do by this Age:

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
- ☒ Points to things in a book

Cognitive (learning, thinking, problem-solving)

- ☐ Finds things even when hidden under two or three covers
- ☒ Begins to sort shapes and colors
- ☐ Completes sentences and rhymes in familiar books
- ☐ Plays simple make-believe games
- ☒ Builds towers of 4 or more blocks
- ☐ Might use one hand more than the other
- ☒ 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

- ☐ Stands on tiptoe
- ☒ Kicks a ball
- ☒ Begins to run
- ☒ Climbs onto and down from furniture without help
- ☐ Walks up and down stairs holding on

- ☒ Throws ball overhand
- ☒ Makes or copies straight lines and circles

You Know Your Child Best.

Act early if you have concerns about the way your child plays, learns, speaks, acts, or moves, or if your child:

- ☐ Is missing milestones
- ☐ 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 of possible developmental delay and ask for a developmental screening.

If you or the doctor is still concerned

1. Ask for a referral to a specialist and,
2. Call your state or territory's early intervention program to find out if your child can get services to help. Learn more and find the number at cdc.gov/FindEI.

For more information, go to cdc.gov/Concerned.

DON'T WAIT.

Acting early can make a real difference!

★ It's time for developmental screening!

At 2 years, your child is due for general developmental screening and an autism screening, as recommended for all children by the American Academy of Pediatrics. Ask the doctor about your child's developmental screening.



www.cdc.gov/ActEarly
1-800-CDC-INFO (1-800-232-4636)



Download CDC's
Milestone Tracker App



Learn the Signs. Act Early.

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Developmental Milestones Assessment

Case Study 3

Classroom: Hannah

Children: 12

Adults: 2

Age group: 2 – 2 ½

Classroom Environment:

- Learn through play
- Practicing listening, walking feet, and soft touches

M [REDACTED] (2)

- Male, 2 parent household, 1 older brother
- Health conditions: Marfan Syndrome: genetic disorder causing connective tissue to be weak—affecting heart, joints, eyes
- Miles has a history of 1 febrile seizure, dislocated lenses in eyes requiring glasses, and an enlarged aorta in heart
- Takes a beta blocker daily and is monitored for chest pains
- Mostly plays well, is very babied and demands a lot of extra attention, pretty good temperament with peers—but not big on sharing toys, can't calm himself down, speech is a little behind

E [REDACTED] (2)

- Female
- 2 parents, same household, 2 older siblings
- Healthy, plays well with others, great at sharing, helps clean up, listens well, advanced for her age, no behavioral issues, will sometimes pout as to be expected with her age
- Can be a little quiet in the morning time but is an awesome helper



Classroom Schedule



7:30- 8:30 Self Selected Centers (1 hr.)

(Daily Activities: Science, Math, Language/writing, Art, Social Studies)

8:30- 8:55 Breakfast (optional) Children must be at school by 8:50 to eat breakfast.

8:55-9:00 Clean up

9:00-9:15 Large Group Time (optional)

9:15 - 10:15 Outdoor Play

10:30 - 11:30 Self Selected Centers (1 hr. 10 min)

(Daily Activities: Science, Math, Language/writing, Art, Social Studies)

11:30 - 12:00 Lunch

12:00 - 12:15 Bathroom/Prepare for Nap

12:15-2:30 Naptime

2:30 - 3:00 Bathroom/Snack/Dental Hygiene

3:00 - 3:30 Self Selected Activities (30 min)

3:30 - 4:30 Outside (Depending on heat index)

4:30 - 5:30 Self Selected Activities (30 min)

(Daily Activities: Science, Math, Language/writing, Art, Social Studies)

5:15 Late Snack (optional)

5:30 Departure

**Children in potty training are encouraged to potty every 30 - 45 min.

** Children in diapers/pull-ups are checked/changed at least every hour - 1.5 hour

Spring/Summer Schedule (hot Months)