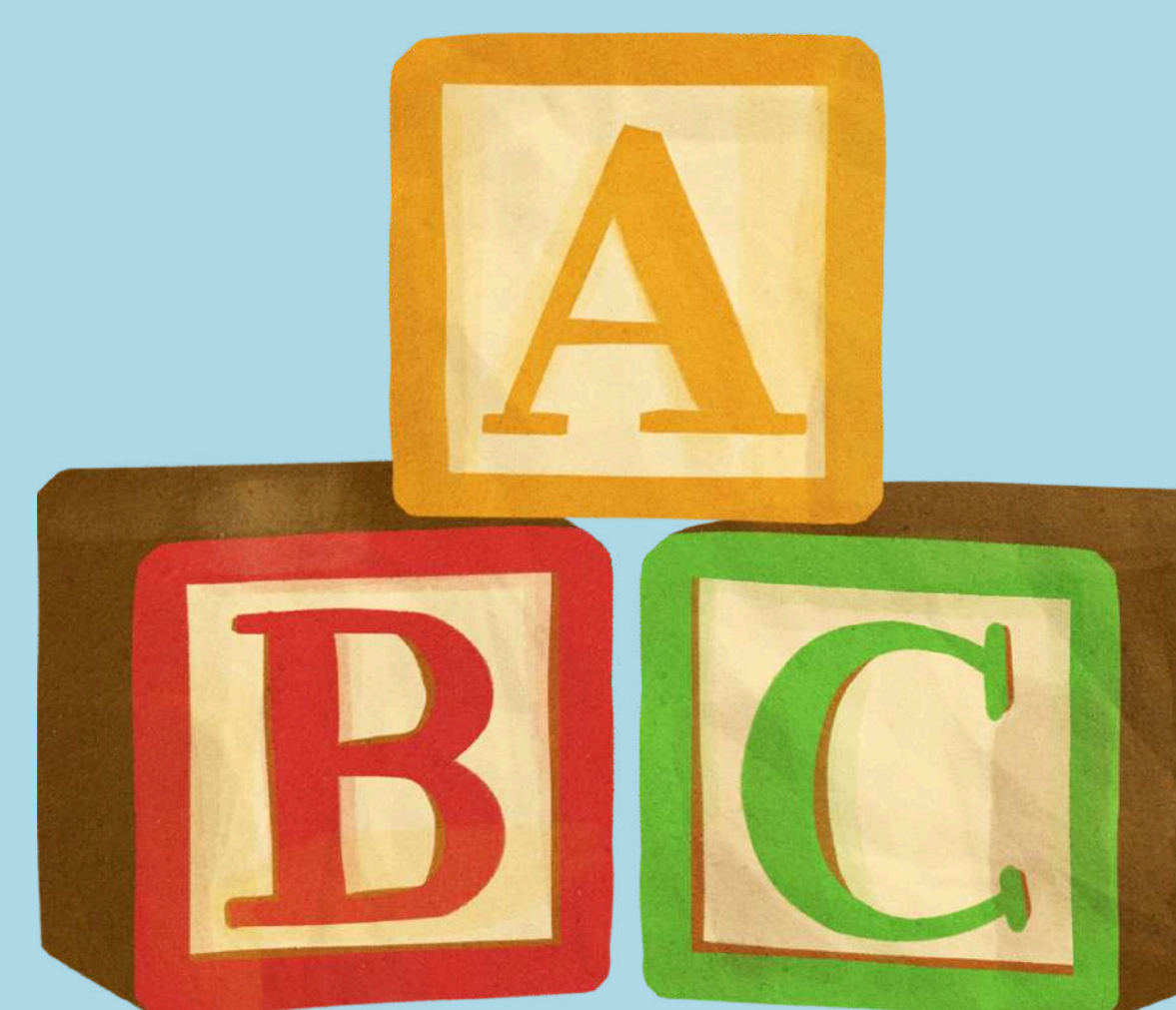




Your Child's Growth, Step by Step: Milestone Tracking with

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Your child at 2 years

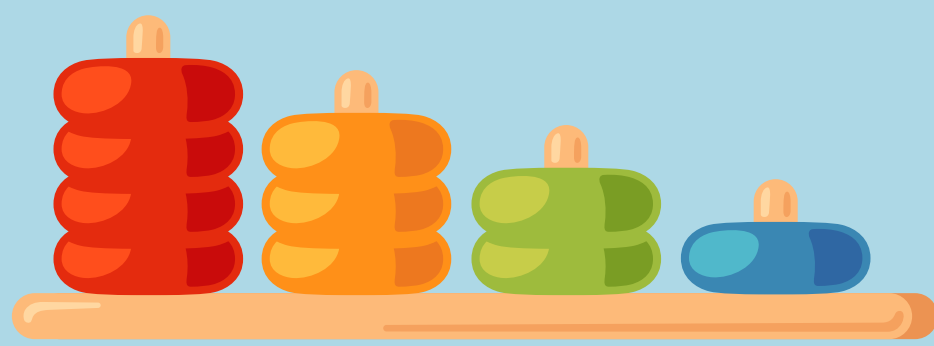
Milestones are important! How your child plays, learns, speaks, behaves, and moves provides key insights into their development. Review the milestones your child has achieved by 2 years. Be sure to bring this information to every well-child visit and discuss your child's progress with their doctor, along with what to expect next.

Social/Emotional Milestones

- Recognizes when others are hurt or upset, such as stopping or appearing sad when someone is crying.
- Watches your facial expressions to understand how to respond in unfamiliar situations.

Language/Communication Milestones

- Points to objects in a book when asked, like "Where's the bear?"
- Says two or more words together, such as "More milk."
- Points to at least two body parts when asked to show them.
- Uses a variety of gestures, not just waving or pointing, like blowing kisses or nodding yes.



What to Share with Your Doctor

- ★ Is there anything about the baby that concerns you?
- ★ Is that healthcare needs that your baby have or he/she born prematurely?
- ★ Is there anything that you and your baby do together?
- ★ Does your baby stop doing anything that he/she used to do?
- ★ What are your baby's favorite things to do?

You know your baby the most. Don't wait if you have any concerns about their development. If your baby isn't meeting certain milestones, has lost previously acquired skills, or if you have other concerns, take action early. Talk with your baby's doctor about developmental screenings.

Cognitive Milestones

(Learning, thinking, problem-solving)

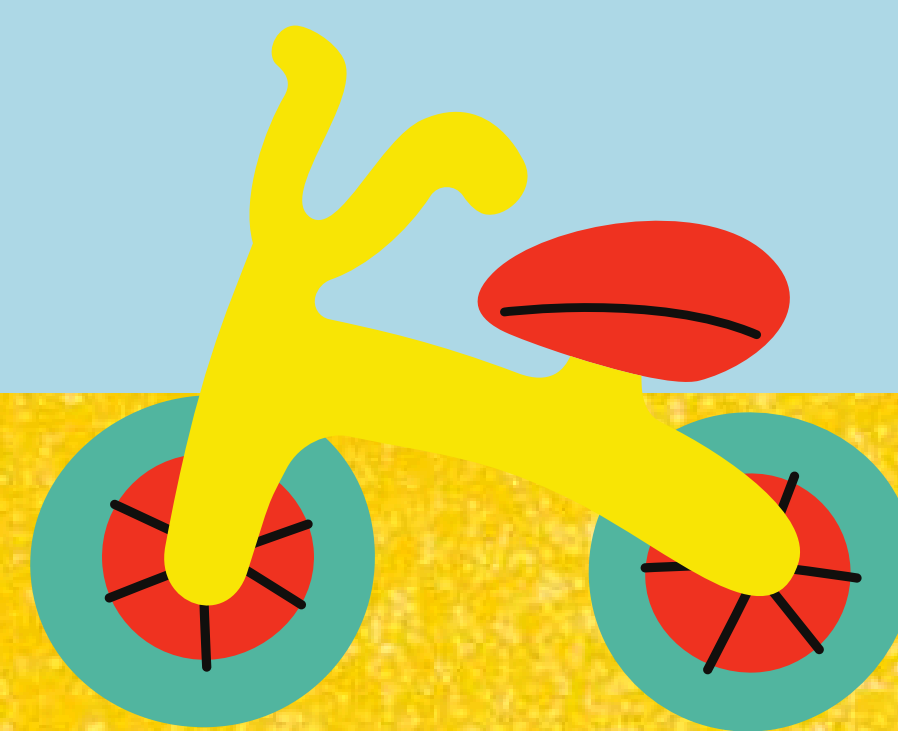
- Holds an object in one hand while using the other, like holding a container and removing its lid.
- Tries to operate switches, knobs, or buttons on a toy.
- Plays with multiple toys at once, such as placing toy food on a toy plate.

Movement/Physical Development Milestones

- Kicks a ball
- Runs
- Walks up a few stairs (with or without assistance)
- Eats using a spoon

*It's time for developmental screening!

At 2 years old, your child should receive an autism screening, as recommended by the American Academy of Pediatrics for all children. Be sure to ask your doctor about your child's developmental screening.



Support your Baby's Learning & Development

As your baby's first teacher, you play a key role in their learning and brain development. Here are some simple, safe activities you can try. If you have any questions or need more ideas, be sure to talk to your baby's doctor or teachers.

- ✓ Help your child learn how words sound, even if they can't pronounce them clearly yet. For instance, if your child says "or nana," you can respond with, "You want more banana."
- ✓ Involve your child in mealtime prep by having them carry simple items like plastic cups or napkins to the table. Thank them for helping.
- ✓ Closely observe your child during playdates. At this age, kids play next to each other but haven't yet learned how to share or resolve conflicts. Guide them by teaching how to share, take turns, and use words when possible
- ✓ Give your child balls to kick, roll, and throw, encouraging physical play.
- ✓ Provide toys that challenge your child to make things work or solve problems, like toys with buttons that cause an action.
- ✓ Let your child play dress-up with adult clothes like shoes, hats, and shirts to encourage imaginative play.
- ✓ Allow your child to eat as much or as little as they want during meals. Toddlers' appetites vary day to day. Your role is to offer healthy foods, and it's their job to decide how much to eat.
- ✓ Establish regular routines for sleep and meals. Create a calm bedtime by putting on pajamas, brushing teeth, and reading 1–2 books. Children at this age typically need 11–14 hours of sleep, including naps, so consistency makes it easier.
- ✓ Ask your child's doctor or teachers about whether they are ready to begin toilet training. Most children aren't ready until ages 2 to 3, and starting too soon can lead to stress and delays.
- ✓ Use positive reinforcement when your child helps. Let them assist with simple chores like putting toys or laundry in a basket.
- ✓ Play outside games with your child, such as "Ready, set, go!" For example, while pushing, them on a swing, say "Ready, set..." and then "Go" as you push the swing forward.
- ✓ Create simple art projects together. Give your child crayons or finger paint and let them explore by spreading the paint or drawing dots. Display their artwork so they can see their creations.

This milestone checklist is not a substitute for a standardized, validated developmental screening tool. These developmental milestones show what most children (75% or more) and do by each age. Subject matter experts selected these milestones based on available data and expert consensus.

