



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

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Your child at 30 months

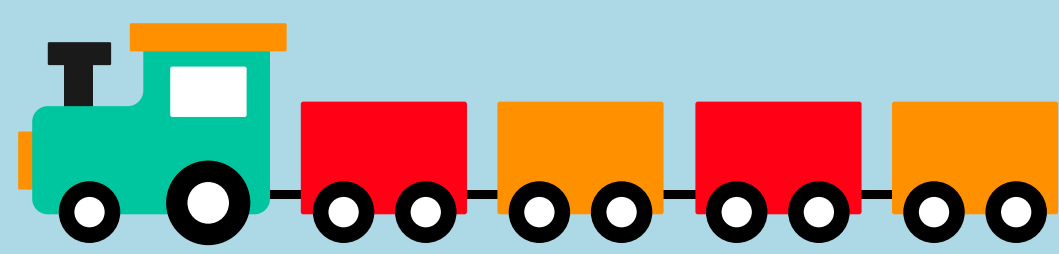
Milestones are important! How your child plays, learns, speaks, behaves, and moves provides key insights into their development. Review the milestones your child has achieved by 30 months. Be sure to bring this information to every well-child visit and discuss your child's progress with their doctor, along with what to expect next.

Social/Emotional Milestones

- Plays alongside other children and occasionally engages with them.
- Demonstrates what she can do by saying, "Look at me!"
- Follows simple routines when instructed, such as helping to pick up toys when you say, "It's clean-up time."

Language/Communication Milestones

- Can say around 50 words.
- Puts two or more words together, including an action word, like "Doggie run."
- Identifies objects in a book when you point and ask, "What is this?"
- Uses words like "I," "me," or "we."



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?

Cognitive Milestones

(Learning, thinking, problem-solving)

- Pretends during play, like feeding a block to a doll as if it were food.
- Demonstrates simple problem-solving skills, such as standing on a stool to reach something.
- Follows two-step instructions, like "Put the toy down and close the door."
- Recognizes at least one color, such as pointing to a red crayon when asked, "Which one is red?"

Movement/Physical Development Milestones

- Removes some clothing on his own, like loose pants or an unbuttoned jacket.
- Uses hands to twist objects, like turning doorknobs or unscrewing lids.
- Jumps off the ground with both feet.
- Turns book pages one by one while you read to her.

**It's time for developmental screening!

At 30 months, your child is due for a routine developmental screening, as recommended by the American Academy of Pediatrics for all children. Be sure to ask your doctor about your child's developmental screening.



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.



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.

- ✓ Encourage "free play" where your child can explore their interests, try new activities, and use objects creatively.
- ✓ Focus on positive reinforcement by praising behaviors you want to encourage. For example, say, "I like how you shared the toy with Jordan."
- ✓ Offer simple and healthy food choices, allowing your child to pick their snack or what to wear. Limit options to two or three.
- ✓ Ask simple questions about books and stories, such as "Who?" "What?" and "Where?" to engage your child in learning.
- ✓ Teach your child how to interact with others by guiding them to share, take turns, and express themselves using words.
- ✓ Let your child draw with crayons, chalk, or shaving cream. Start by drawing simple lines for them to copy, then progress to teaching them how to draw circles.
- ✓ Encourage your child to play with other kids at places like the park or library. Consider joining local playgroups or preschool programs to promote social skills like sharing and friendship.
- ✓ Make family meals a priority, serving the same meal to everyone. Enjoy quality time together without screens (TV, tablets, phones, etc.) during mealtime.
- ✓ Limit screen time to no more than 1 hour per day of age-appropriate programming, with an adult present. Children learn best through talking, playing, and interacting with others.
- ✓ Use descriptive words to help your child learn concepts like big/small, fast/slow, on/off, and in/out.
- ✓ Help your child with simple puzzles involving shapes, colors, or animals. Name each piece as they fit it into place.
- ✓ Spend time playing outdoors with your child, such as visiting the park to climb on play equipment or run in safe areas.
- ✓ Let your child decide how much or how little they want to eat at each meal. Your responsibility is to provide healthy food, while it's your child's choice to determine how much to eat.

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.

