Your Child at 2 Years

How your child plays, learns, speaks, and acts offer important clues about your child’s development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 2nd birthday. Take this with you and talk with your child’s doctor at every visit about the milestones your child has reached and what to expect next.

What Most Children Do at 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

Act Early by Talking to Your Child’s Doctor if Your Child:
- Doesn’t use 2-word phrases (for example, “drink milk”)
- Doesn’t know what to do with common things, like a brush,
phone, fork, or spoon
- Doesn’t copy actions and words
- Doesn’t follow simple instructions
- Doesn’t walk steadily
- Loses skills she once had

If you notice any of these signs of possible developmental delay, tell your child’s doctor or nurse, and call 311 to ask about Early Intervention.

The American Academy of Pediatrics recommends that children be screened for general development and autism at the 24-month visit. Ask your child’s doctor about your child’s developmental screening.

Content provided by the Centers for Disease Control and Prevention, Learn the Signs. Act Early program. For more information go to www.cdc.gov/ActEarly.

To learn more about development visit nyc.gov and search for “Child Development”