2-3 Year-Old Development Checklist

Child's Name:

Date of Birth: **Age:**

Name of Parent/Guardian:

Monitor your child's 2nd or 3rd birthday milestones. Share this with your child's doctor to discuss milestones and future expectations at each visit.

2 YEARS OLD	3 YEARS OLD
SOCIAL/EMOTIONAL	
☐ Copies others, especially adults and older children	☐ Copies adults and friends
☐ Gets excited when with other children	☐ Notices other children and joins them to play
☐ Prefers certain people and toys	☐ Shows affection for friends without prompting
☐ Shows some independence	☐ Takes turns in games
☐ Shows temper tantrums (doing what they have been told not to)	☐ Temper tantrums are less frequent
☐ Starts to play with others	☐ Understands the idea of "mine" and "his" or "hers"
	☐ Shows a wide range of emotions
	☐ Calms down within 10 minutes if left at childcare drop-off
	☐ May get upset with significant changes in routine
LANGUAGE/COMMUNICATION	
☐ Points to things or pictures when they are named	☐ Follows instructions with 2 or 3 steps
☐ Knows people's name and body parts	☐ Says what action is happening in a picture or book when asked
☐ Says several words	☐ Can name most familiar things
☐ Follows simple instructions	☐ Says first name, when asked
☐ Repeats or imitates words overheard in conversation	☐ Names a friend
☐ Points to things in a book	☐ Uses "please" and "thank you"
	☐ Talks well enough for strangers to understand most of the time

COGNITIVE (learning, thinking, problem-solving)

- ☐ Finds things even when hidden under two or three covers
- ☐ Begins to sort shapes and colors
- ☐ Completes stories and rhymes
- ☐ Plays simple make-believe games
- ☐ Builds towers of 4 or more blocks
- ☐ Might use one hand more than the other
- ☐ Follows commands 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
- ☐ Can work toys with buttons, levers, and moving parts
- ☐ Plays make-believe with dolls, animals, and people
- ☐ Does puzzles with 3 or 4 pieces
- ☐ Draws a circle with a pencil or crayon when shown how
- ☐ Turns book pages one at a time
- ☐ Stacks 10 blocks
- ☐ Understands long sentences

2 YEARS OLD	3 YEARS OLD
MOVEMENT/PHYSICAL DEVELOPMENT	

- ☐ Uses cups and spoons
- ☐ Runs and kicks
- ☐ Jumps
- ☐ Climbs onto and down from furniture without help
- ☐ Walks up and down stairs holding on
- ☐ Climbs well
- ☐ Uses a fork
- ☐ Washes and dries hands
- ☐ Runs easily
- ☐ Pedals a 3-wheel bike
- ☐ Walks up and down stairs, one foot on each step
- ☐ Puts on some clothes by themselves like loose pants or jacket

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 ordinary things, like a brush, phone, fork, spoon
- ☐ Doesn't copy actions and words
- ☐ Doesn't follow simple instructions
- ☐ Falls frequently or has difficulty with stairs
- ☐ Drools or has extremely garbled speech
- ☐ Can't work with simple toys
- ☐ Doesn't talk in sentences
- ☐ Doesn't grasp basic directions

☐ Doesn't walk steadily	☐ Doesn't play pretend or make-believe
☐ Loses skills they once mastered	☐ Doesn't want to play with other children or toys
	☐ Loses previously mastered skills

Healthcare Provider Information

Doctor's Signature:

Doctor's Name:

Contact Number:

Name of Hospital/Clinic:

References:

Centers for Disease Control and Prevention. (2023, July 21). *What developmental milestones is your 3-year-old reaching?* https://www.cdc.gov/ncbddd/actearly/milestones/milestones-3yr.html

Children's Hospital of Orange County. (2023, February 21). *Development milestones for your 3-Year-Old child.* https://www.choc.org/primary-care/ages-stages/3-years/#:~:text=While%20children%20may%20progress%20at%20different%20rates%2C%20the,Uses%20spoon%20well%20and%20feeds%20self%20More%20items

Geddes, J. K. (2014, November 13). *2-Year-Old developmental milestone checklist for your toddler.* What to Expect. https://www.whattoexpect.com/toddler-development/developmental-milestones.aspx#language

Mi Kids Matter. (n.d.). *Toddler development and milestones.* SOM - State of Michigan. https://www.michigan.gov/mikidsmatter/parents/toddler/milestones