

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	
<ul style="list-style-type: none"> <input type="checkbox"/> Copies others, especially adults and older children <input type="checkbox"/> Gets excited when with other children <input type="checkbox"/> Prefers certain people and toys <input type="checkbox"/> Shows some independence <input type="checkbox"/> Shows temper tantrums (doing what they have been told not to) <input type="checkbox"/> Starts to play with others 	<ul style="list-style-type: none"> <input type="checkbox"/> Copies adults and friends <input type="checkbox"/> Notices other children and joins them to play <input type="checkbox"/> Shows affection for friends without prompting <input type="checkbox"/> Takes turns in games <input type="checkbox"/> Temper tantrums are less frequent <input type="checkbox"/> Understands the idea of "mine" and "his" or "hers" <input type="checkbox"/> Shows a wide range of emotions <input type="checkbox"/> Calms down within 10 minutes if left at childcare drop-off <input type="checkbox"/> May get upset with significant changes in routine
LANGUAGE/COMMUNICATION	
<ul style="list-style-type: none"> <input type="checkbox"/> Points to things or pictures when they are named <input type="checkbox"/> Knows people's name and body parts <input type="checkbox"/> Says several words <input type="checkbox"/> Follows simple instructions <input type="checkbox"/> Repeats or imitates words overheard in conversation <input type="checkbox"/> Points to things in a book 	<ul style="list-style-type: none"> <input type="checkbox"/> Follows instructions with 2 or 3 steps <input type="checkbox"/> Says what action is happening in a picture or book when asked <input type="checkbox"/> Can name most familiar things <input type="checkbox"/> Says first name, when asked <input type="checkbox"/> Names a friend <input type="checkbox"/> Uses "please" and "thank you" <input type="checkbox"/> Talks well enough for strangers to understand most of the time

COGNITIVE (learning, thinking, problem-solving)

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| <ul style="list-style-type: none"><input type="checkbox"/> Finds things even when hidden under two or three covers<input type="checkbox"/> Begins to sort shapes and colors<input type="checkbox"/> Completes stories and rhymes<input type="checkbox"/> Plays simple make-believe games<input type="checkbox"/> Builds towers of 4 or more blocks<input type="checkbox"/> Might use one hand more than the other<input type="checkbox"/> Follows commands such as "Pick up your shoes and put them in the closet."<input type="checkbox"/> Names items in a picture book such as a cat, bird, or dog | <ul style="list-style-type: none"><input type="checkbox"/> Can work toys with buttons, levers, and moving parts<input type="checkbox"/> Plays make-believe with dolls, animals, and people<input type="checkbox"/> Does puzzles with 3 or 4 pieces<input type="checkbox"/> Draws a circle with a pencil or crayon when shown how<input type="checkbox"/> Turns book pages one at a time<input type="checkbox"/> Stacks 10 blocks<input type="checkbox"/> Understands long sentences |
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2 YEARS OLD

3 YEARS OLD

MOVEMENT/PHYSICAL DEVELOPMENT

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| <ul style="list-style-type: none"><input type="checkbox"/> Uses cups and spoons<input type="checkbox"/> Runs and kicks<input type="checkbox"/> Jumps<input type="checkbox"/> Climbs onto and down from furniture without help<input type="checkbox"/> Walks up and down stairs holding on | <ul style="list-style-type: none"><input type="checkbox"/> Climbs well<input type="checkbox"/> Uses a fork<input type="checkbox"/> Washes and dries hands<input type="checkbox"/> Runs easily<input type="checkbox"/> Pedals a 3-wheel bike<input type="checkbox"/> Walks up and down stairs, one foot on each step<input type="checkbox"/> Puts on some clothes by themselves like loose pants or jacket |
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Act Early by Talking to Your Child's Doctor if Your Child:

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| <ul style="list-style-type: none"><input type="checkbox"/> Doesn't use 2-word phrases (for example, "drink milk")<input type="checkbox"/> Doesn't know what to do with ordinary things, like a brush, phone, fork, spoon<input type="checkbox"/> Doesn't copy actions and words<input type="checkbox"/> Doesn't follow simple instructions | <ul style="list-style-type: none"><input type="checkbox"/> Falls frequently or has difficulty with stairs<input type="checkbox"/> Drools or has extremely garbled speech<input type="checkbox"/> Can't work with simple toys<input type="checkbox"/> Doesn't talk in sentences<input type="checkbox"/> Doesn't grasp basic directions |
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<input type="checkbox"/> Doesn't walk steadily	<input type="checkbox"/> Doesn't play pretend or make-believe
<input type="checkbox"/> Loses skills they once mastered	<input type="checkbox"/> Doesn't want to play with other children or toys
	<input type="checkbox"/> 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>