



2 YEAR OLD

EARLY CHILDHOOD DEVELOPMENTAL MILESTONES

Physical/Movement

- Stand on tiptoes
- Kick a ball
- Start to run
- Climb on and down from furniture without help
- Walk up and down stairs while holding on
- Throw a ball overhand
- Carry a large toy or several toys while walking

Language/Communication

- Point to things or pictures when they are named
- Know the names of parents, siblings, body parts, and objects
- Say a sentence with two to four words
- Follow simple instructions
- Repeat words overheard in a conversation

Social/Emotional

- Copy others, especially adults and older children
- Get excited around other kids
- Show growing independence
- Play mainly beside, instead of with, other children
- Show increasing defiance (doing things you told him not to do)
- Be more aware of himself as separate from others

Screen Time

At age 2, children can learn from high-quality educational programs, but should watch no more than an hour a day. You shouldn't let your child watch screens (TV, tablet, or laptop computer) by himself, but you should watch with him.

Fine Motor

- Scribble at will
- Turn over a container and pour out its contents
- Build a tower of four blocks or more
- Start to show a preference for either left or right hand

Learning/Thinking

- Find things even when they're hidden under two or three layers
- Starting sorting shapes and colors
- Complete sentences and rhymes in familiar books
- Play simple make-believe games
- Follow two-part instructions (such as "drink your milk, then give me the cup")

Developmental Delays

Talk to your doctor if your child can't do any of the following by age 2:

- Walk properly -- he should not be walking exclusively on his toes or unsteadily after several months of walking
- Say a two-word sentence
- Imitate actions or words
- Follow simple instructions
- Remember skills he used to have



3 YEAR OLD

EARLY CHILDHOOD DEVELOPMENTAL MILESTONES

Physical/Movement

- Climbs and runs well
- Jumps and may hop on one foot
- Pedals a tricycle
- Walks up and down stairs using one foot on each step

Language/Communication

- Follows commands with 2-3 steps, like "Pick out your PJs and brush your teeth"
- Has conversations using 2-3 sentences at a time
- Knows how to use pronouns like "I," "you," and "we," and knows some plural words like "cats" and "cars"
- Names friends
- Names common objects and understands words like "in," "on," and "under"
- Says first name, age, and gender
- Speaks sentences with 3-4 words
- Talks clearly enough that even strangers can usually understand

Social/Emotional

- Copies what adults and friends do
- Doesn't get upset when parents leave, like at preschool/daycare drop-off
- Dresses and undresses without help
- Gets the idea of "mine," "his," and "hers"
- Likes to help with tasks around the house
- May be potty trained during the day
- Openly shows affection
- Really likes routine -- gets upset with big changes
- Shows concern when friends are upset
- Shows a wide range of feelings
- Takes turns when playing with others

Learning/Thinking

- Copies circles
- Does 3-4 piece puzzles
- Knows what "two" means
- Makes up stories and plays make-believe
- Names some colors
- Screws jar lids on and off and turns door knobs
- Stacks more than six blocks
- Turns pages in a book one at a time
- Uses toys with levers, buttons, and moving parts

How to Help Your Child

- Allow plenty of time for play, including make-believe
- Ask your child to talk about what she sees when in the car or when out and about
- Create and stick to a bedtime routine - nightmares and waking at night are common at this age, but routine can help
- Give your child plenty of time to play with friends and work on taking turns
- Read to your child every day and ask questions about the stories
- Sing simple songs together and play rhyming games
- Suggest activities like coloring, drawing, and doing art with crayons, paper, tape, markers, and other supplies
- Talk and listen to your child -- ask them about what happened during the day with their friends or activities they did

Screen Time Safety

- Keep technology out of bedrooms
- Limit screen time to 1 hour a day of highquality programs
- Talk about what you watch together and how it applies to the world.



4 YEAR OLD

EARLY CHILDHOOD DEVELOPMENTAL MILESTONES

Physical/Movement

- Gross motor skills: Your 4-year-old will become aware of their own place in space and be less likely to bump into others while moving. Their running abilities will improve dramatically and they may even be able to dribble a soccer ball.
- Fine motor skills: At age 4, your child should have improved hand-eye coordination which results in an ability to string beads, complete puzzles, and color inside the lines.
- Major highlights: By this age, most kids can dress themselves, brush their teeth with supervision, and are usually potty-trained.

Language/Communication

- Knows some basic rules of grammar, such as correctly using “he” and “she”
- Sings a song or says a poem from memory such as the “Itsy Bitsy Spider” or the “Wheels on the Bus”
- Tells stories
- Can say first and last name

Social/Emotional

- Enjoys doing new things
- Plays “Mom” and “Dad”
- Is more creative with make-believe play
- Would rather play with other children than by himself
- Cooperates with other children
- Often can’t tell what’s real and what’s make-believe
- Talks about what he/she is interested in

Learning/Thinking

- Names some colors and some numbers
- Understands the idea of counting
- Starts to understand time
- Remembers parts of a story
- Understands the idea of “same” and “different”
- Draws a person with 2 to 4 body parts
- Uses scissors
- Starts to copy some capital letters
- Plays board or card games
- Tells you what he thinks is going to happen next in a book

Developmental Delays

- Can’t jump in place
- Has trouble scribbling
- Shows no interest in interactive games or make-believe
- Ignores other children or doesn’t respond to people outside the family
- Resists dressing, sleeping, and using the toilet
- Can’t retell a favorite story
- Doesn’t follow 3-part commands
- Doesn’t understand “same” and “different”
- Doesn’t use “me” and “you” correctly
- Speaks unclearly
- Loses skills he once had



5 YEAR OLD

EARLY CHILDHOOD DEVELOPMENTAL MILESTONES

Physical/Movement

- Stands on one foot for ten seconds or longer
- Hops, somersaults
- Swings, climbs
- May be able to skip

Fine Motor

- Copies triangle and other geometric patterns
- Draws person with body
- Prints some letters
- Dresses and undresses without assistance
- Uses fork, spoon, and (sometimes) a table knife
- Usually cares for own toilet needs

Language/Communication

- Recalls part of a story
- Speaks sentences of more than five words
- Uses future tense
- Tells longer stories
- Says name and address

Social/ Emotional

- Wants to please friends
- Wants to be like her friends
- More likely to agree to rules
- Likes to sing, dance, and act
- Shows more independence and may even visit a next-door neighbor by herself
- Aware of sexuality
- Able to distinguish fantasy from reality
- Sometimes demanding, sometimes eagerly cooperative

Learning/Thinking

- Can count ten or more objects
- Correctly names at least four colors
- Better understands the concept of time
- Knows about things used every day in the home (money, food, appliances)

Developmental Health Watch

Because each child develops in her own particular manner, it's impossible to predict exactly when or how your own preschooler will perfect a given skill. Talk to your paediatrician if your child displays any of the following signs of possible developmental delay for this age range.

- Exhibits extremely fearful or timid behavior
- Exhibits extremely aggressive behavior
- Is unable to separate from parents without major protest
- Is easily distracted and unable to concentrate on any single activity for more than five minutes
- Shows little interest in playing with other children
- Refuses to respond to people in general, or responds only superficially
- Rarely uses fantasy or imitation in play
- Seems unhappy or sad much of the time
- Doesn't engage in a variety of activities
- Avoids or seems aloof with other children and adults
- Doesn't express a wide range of emotions
- Cannot wash and dry her hands
- Has trouble eating, sleeping, or using the toilet
- Can't differentiate between fantasy and reality
- Seems unusually passive
- Cannot understand two-part commands using prepositions ("Put the cup on the table"; "Get the ball under the couch.")
- Can't correctly give her first and last name
- Doesn't use plurals or past tense properly when speaking
- Doesn't talk about her daily activities and experiences
- Cannot build a tower of six to eight blocks
- Seems uncomfortable holding a crayon
- Has trouble taking off her clothing
- Cannot brush her teeth efficiently