



2 YEAR OLD DEVELOPMENTAL CHECKLIST

The majority of children will achieve these milestones by the time they turn 2 years. Keep in mind that all children grow at different rates, but the below milestones outline what a child is expected to achieve. Some children have underlying reasons which explain certain behaviours or why they are not skilled in certain areas like other children their age. If your child is not meeting the large majority of these milestones it is important you follow it up with your health professional.

FINE MOTOR	Yes	No
threads 3-4 large beads on a thick piece of string		
builds a tower of 3-5 blocks		
scoops food with a spoon without assistance (some spills expected)		
scribbles using crayon		

GROSS MOTOR	Yes	No
runs fast with control		
jumps with both feet off the floor		
kicks a large ball forwards		
squats steadily and rise without using hands		
walks while holding or pulling a toy		

COMMUNICATION & LANGUAGE	Yes	No
uses at least 50 recognisable words		
joins in nursery rhymes		
tells you what they want with use of single words e.g.: "milk" or "more"		
starts to combine two words		
follows simple instructions		
points to 6 body parts when asked		
understands when told not to do something		

SOCIAL & PLAY	Yes	No
role plays actions seen before (eg: feeding a doll)		
demonstrates play related to their body (eg: sleeping or eating)		
begins symbolic play eg: a stick becomes a sword or a wand		
treats dolls or teddies as if they are alive		
helps put things away		
plays next to other children (but will not likely share toys)		
hugs and kisses familiar people		

SENSORY	Yes	No
pays attention for at least 3 minutes		
settles themselves to sleep		
eats a variety of foods (colours, textures, temperatures)		
turns head when their name is called		
sits to listen to a book		
tolerates tipping head back (eg: when washing hair in bath)		
tolerates swinging on swings		
tolerates the feeling of different textures on their skin (eg: paint, dirt, sand, playdoh)		
tolerates transitioning to a new activity or environment		
tolerates being touched or hugged		
tolerates noisy environments and loud sounds (eg: shopping centres, aeroplanes, toilet flushing)		