

Growing & Learning at...24 Months/2 Years



What Most Toddlers do at 24 Months:

Social-Emotional Milestones

- Notices when others are upset, like pausing or looking sad when someone cries
- Looks at your face to see how to react in a new situation

Language & Communication Milestones

- Points to things in a book when you ask, like “Where is the bear?”
- Says two words together, like “More milk.”
- Points to and names at least two body parts when you ask him to show you
- Uses gestures beyond waving and pointing, like blowing a kiss or nodding yes

Cognitive Milestones (learning, thinking, problem-solving)

- Holds something in one hand while using the other hand; for example, holding a container and taking the lid off
- Tries to use a toy's switches, knobs, or buttons
- Plays with more than one toy at the same time, such as putting toy food on a toy plate

Movement & Physical Development Milestones

- Kicks a ball
- Runs
- Walks (not climbs) up a few stairs with or without help
- Eats with a spoon

Helping 2-year-olds Learn & Grow:

- ▶ At 24 months, children know words, but can't always say them clearly. To help with pronunciation, respond with a sentence that includes the word. For example, if he says, “or nana,” say “You want more banana.”
- ▶ Children this age play next to each other, but don't know how to share and solve problems. Help her try out skills like sharing, taking turns, and using words.
- ▶ 2-year-olds can help with tasks like carrying napkins or plastic cups to the table or helping put toys away. Thank them for helping!
- ▶ Show him how to kick, roll and throw balls.
- ▶ 2-year-olds are curious about how things work. Toys with buttons that can be pushed to make something happen are great for this age.
- ▶ Encourage pretend play by providing grown-up clothes like shoes, hats, and shirts for dress-up.
- ▶ Help her with simple art tools like finger paints or crayons. Talk with her about what she is creating and the colors she is choosing.
- ▶ Sand toys, plastic containers, funnels, and spoons encourage exploring with sand and water.
- ▶ Help her put together simple puzzles. Talk about the puzzle shapes and colors.
- ▶ Sing songs like “Head, Shoulders, Knees, and Toes,” to teach names of body parts. After singing the song a few times, see if she can sing some of the words.

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org

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Topics to Discuss at 24-month-old Well-Child Doctor Visits:

- ▶ What are some things you and your child do together?
- ▶ What are some things your child likes to do?
- ▶ Which milestones has your child reached?
- ▶ Is there anything your child does or does not do that concerns you?
- ▶ Has your child lost any skills he/she once had?
- ▶ How will I know if my child is ready for toilet training?
- ▶ Does your child have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office offer regular developmental screenings?



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