

Developmental Milestones

2 years

Physical

Beginning to run and climb
Standing on tip-toes
Throws ball overhead
May demonstrate hand preference
Jumping
Briefly standing one foot
Copies others
Walking up/down stairs with railing

Cognitive

Beginning to sort shapes/colors
Follows simple directions
Needs repetition
Learns through 5 senses
Identify items in a picture book
Plays simple make believe games
Completes simple sentences and rhymes in a book

Language

Increases simple vocabulary
Begins to say 2-4 word sentences
Repeats overheard words
Knows names of familiar people, body parts, food, and objects.
Points to things when they are named
Understands more than they can communicate
Babbles to familiar songs

Social/Emotional

Gets excited to see people/places
Develops a sense of independence and defiance
Plays next to, rather than with playmates
Recognizes basic emotions in others
May begin to name their own emotions
Tantrums may become more frequent

ENGAGEMENT AND CONNECTION

Book Suggestions:

If You Give A Mouse a Cookie – Laura Numeroff

The Snowy Day – Ezra Jack Keats

Blueberries For Sale – Robert McCloskey

Are You My Mother? – P.D. Eastman

Don't Let the Pigeon Drive the Bus– Mo Willems

Little Blue Truck – Alice Schertle

Mr. Brown Can Moo! Can you? – Dr. Seuss

Duck on a Bike – David Shannon

Sheep in a Jeep – Nancy Shaw

One Fish, Two Fish, Red Fish, Blue Fish – Dr. Seuss

Goodnight, Goodnight, Construction Site – Sheri Rinker

Where the Wild Things Are – Maurice Sendak

Activities and Toys:

Bubbles

Park Trips

Rolling a Ball

Dancing

Hide and Seek

Singing

Peg Puzzles

Sand Box

Jumbo Crayons

Bead Mazes

Mega Blocks

Play-Doh

Alphabet Letters

Riding/Scooting toys

Trucks, Trains, Dolls

Stuffed Animals

Navigating the "I CAN DO IT!" Phase


Independent Skills to Practice:



Picking out and putting away toys
Helping to dress and undress themselves
Clean up messes
Follow 2 step instructions
Take trash to the trash can
Drink from a straw
Hold a sippy cup
Eating simple foods

Phrases Worth Saying:

"I Love You"
"Excuse Me"
"Thank you"
"You're Welcome"
"I'm Sorry"
"Please"
"I Will Be Back"
"You're Okay"
"Good Morning/Night"



The more you talk to your toddler,
the better!

Using facial expressions and body
language as often as you can.

Repeat words frequently, repetition
helps with retention.

Give your toddler verbal choices,
"Do you want carrots or apples?"