

2-3 years Milestones Checklist

Yes

No

Communication- By 30 months

Consistently uses 2-3 word phrases

Uses "in" and "on"

50% to 75% of speech is understood by caregiver

Follow 2-step unrelated directions eg. "Give me the ball and go get your coat"

Understands basic nouns and pronouns

Understands "mine" and "yours"

Answers simple WH- questions and yes/no questions

Communication- By 36 months

Asks "what" and "where" questions

Begins to use regular plurals eg. "dogs"

Most speech is understood by caregiver

Understands most simple sentences

Uses 3-4 word phrases consistently

Simple understanding of concepts including color, space and time

Enjoys listening to stories

Motor

Stacks 8-10 blocks

Makes snips in paper

Imitates drawing horizontal lines

Strings 2-4 beads

Draws circle (31-36 months)

Copies block designs of building a wall and/or bridge (31-36 months)

Helps with dressing: putting on socks, attempting shirt/pants

Jumps off the floor or the bottom step

Tries to throw, catch and kick a ball

Sensory

Tolerates different textures of clothing and play items without distress

Does not become overly distressed with loud sounds, bright lights, etc.

Tolerates getting haircut/washed, fingernails trimmed, etc. without significant distress

Able to transition between 2 tasks without significant distress/meltdowns

Able to attend to activity/task for several minutes without significant redirection

Feeding

Bites through a variety of food thicknesses

Chews with lips closed

Chews using stable rotary jaw action

Brings spoon/fork to mouth, palm up, self-feeds with little spillage