

# TODDLER MILESTONES (1-2 YEARS)

## 18 MONTHS

### Physical

- o Walks independently
- o Pulls objects while walking
- o Can doff most clothing items
- o Drinks from a cup
- o Eats with a spoon
- o Picks up small objects (e.g. raisin) with the ends of thumb and index finger (neat pincer grasp)

### Cognitive

- o Knows what ordinary objects are (e.g. spoon)
- o Points to one body part
- o Can follow 1-step verbal command without gestures

### Socio-emotional

- o Initiates play with others
- o May have temper tantrums
- o May be afraid of strangers
- o Shows affection to familiar people
- o Participates in simple pretend play
- o Explores alone but with parents close by

### Language/Communication

- o Says several single words
- o Says and shakes head "no"
- o Points to express a need

## 2 YEARS

### Physical

- o Stands on tiptoes
- o Balance on one foot
- o Throws and kicks ball
- o Kicks a ball
- o Begins to run
- o Walks up/down around 4 stairs with support

### Socio-emotional

- o Imitates others
- o May show defiant behavior
- o Plays mainly alongside other children, but may interact with them
- o Expresses enjoyment for certain activities and displeasure for others.
- o Discriminates between familiar and unfamiliar people



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### Cognitive

- o Finds hidden things under two or three covers
- o Begins to sort shapes and colors
- o Complete sentences and rhymes in familiar books
- o Participates in simple make-believe games
- o Builds tower of 4 or more blocks
- o Might start using one hand more than the other
- o Follows two-steps instructions such as "Go get your shoes and sit down"
- o Names items in a picture book (e.g. familiar animals)

### Language/Communication

- o Points to things in a book
- o Points to pictures when they are named
- o Knows names of familiar people
- o Knows most body parts
- o Says sentences with 2 to 4 words
- o Follows simple instructions
- o Repeats words overhead in conversation



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