

SPEECH, SWALLOWING, & VOICE SPECIALISTS OF HAWAII

***** (Mobile DSS, LLC) *****

2-3 YEARS MILESTONES

SPEECH & LANGUAGE MILESTONES	YES	NO
Understands opposite words, such as <i>go-stop</i> , <i>big-little</i> , and <i>up-down</i>		
Follows 2-part directions, such as "Get the spoon and put it on the table."		
Understands new words quickly		
Has a word for familiar people, places, things, and actions		
Talks about things that are not in the room		
Talks during pretend play, such as saying, <i>beep-beep</i> when moving cars		
Uses <i>k, g, f, t, d</i> , and <i>n</i> in words		
Uses words like <i>in, on</i> , and <i>under</i>		
Asks <i>why?</i>		
Puts 3 words together to talk about and ask for things		
FEEDING/SWALLOWING MILESTONES	YES	NO
Rotary (circulatory) jaw motion when chewing		
Chewing with lips closed		
One-handed cup holding and open cup drinking with no spilling		
Using fingers to fill spoon		
Eating wide range of solid food		
Total self-feeding, using fork		
Able to take appropriate bites of food, does not always stuff mouth		
Able to tolerate/cope with most foods offered as part of family meal but foods with tough skin and very tough meats may still be difficult		
Imitates children's eating behavior of same age		
SOCIAL/EMOTIONAL/COGNITIVE MILESTONES	YES	NO
<i>(Usually by 2 years old)</i>		
Able to participate in small groups with other children		
Able to play in social situations after a transition time		

If you have concerns about your child, please call/email today to schedule your free 15-minute telephone consultation. We are here to help!

Phone: 808-207-8100

Email: terry@mobiledss.com

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SOCIAL/EMOTIONAL/COGNITIVE MILESTONES (continued)	YES	NO
<i>(Usually by 2 years old continued)</i>		
Able to locate objects you are pointing to		
Copies others, especially adults and other children		
Gets excited when with other children		
Shows more independence		
Shows deviant behavior (i.e., doing what child has been told not to do)		
Plays mainly beside other children, but is beginning to include other children, such as in chase games		
Enjoys play with new toys in varied ways		
Enjoys sitting to look at or listen to a book		
Able to be away from parents when with supportive and familiar people		
Finds things even when hidden under two or three covers		
Begins to sort shapes and colors		
Completes sentences and rhymes in familiar books		
Plays simple make-believe games		
Builds towers of 4 or more blocks		
Might use one hand more than the other		
Follows 2-step instructions, such as "Pick up your shoes and put them in the closet"		
Names items in a picture book such as <i>cat, bird, or dog</i>		
<i>(Closer to 3 years old)</i>		
Plays with other children		
Copies adults and friends		
Shows affection for friend without prompting		
Takes turns in games		
Shows concern for a crying friend		
Understands the idea of "mine", "his", or "hers"		
Shows a wide variety of emotions		

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SOCIAL/EMOTIONAL/COGNITIVE MILESTONES (continued)	YES	NO
<i>(Closer to 3 years old continued)</i>		
Separates easily from mom and dad		
May get upset with major change in routine		
Dresses and undresses self		
Able to adapt changes in routine		
Can work toys with buttons, levers, and moving parts		
Plays make believe with dolls, animals, and people		
Does puzzles with 3 or 4 pieces		
Understands what "two" means		
Copies a circle with pencil or crayon		
Turns book pages one at a time		
Builds towers of more than 6 blocks		
Screws and unscrews jar lids or turns door handles		
MOTOR & SENSORY MILESTONES	YES	NO
<i>(Usually by 2 years old)</i>		
Stands on tiptoe		
Kicks a ball		
Begins to run		
Climbs onto and down from furniture without help		
Walks up and down stairs holding on		
Throw ball overhand		
Draws or copies straight lines and circles		
<i>(Closer to 3 years old)</i>		
Climbs well		
Runs easily		
Pedals a tricycle (3-wheel bike)		

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MOTOR & SENSORY MILESTONES (continued)	YES	NO
<i>(Closer to 3 years old continued)</i>		
Jumping in place		
Walks up and down stairs, one foot on each step		
Using scissors		
<i>(Ranges between 2-3 years old)</i>		
Enjoys swinging, being thrown in air, and roughhousing		
Able to participate in messy activities that result in dirty hands		
Aware of sensation such as wet diaper or underpants		
Able to tolerate and stay calm during haircuts and while clipping fingernails		

References:

1. Arvedson JC, Brodsky L. *Pediatric Swallowing and Feeding: Assessment and Management*, 2nd ed. Albany, NY: Singular Thomson Learning 2002.
2. ASHA: www.asha.org/public/speech/development/chart/
3. CDC: www.cdc.gov/ncbddd/actearly/milestones/index.html
4. Infant and Toddler Forum: www.infantandtoddlerforum.org
5. Pathways: www.pathways.org

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