

## **Developmental Milestones to be reached by the end of 24 months**

### **What is child development?**

*Child development* refers to how a child becomes able to do more complex things as they get older. Development is different than growth. *Growth* only refers to the child getting bigger in size. When we talk about normal development, we are talking about developing skills like:

- **Gross motor:** using large groups of muscles to sit, stand, walk, run, etc., keeping balance, and changing positions.
- **Fine motor:** using hands to be able to eat, draw, dress, play, write, and do many other things.
- **Language:** speaking, using body language and gestures, communicating, and understanding what others say.
- **Cognitive:** Thinking skills: including learning, understanding, problem-solving, reasoning, and remembering.
- **Social:** Interacting with others, having relationships with family, friends, and teachers, cooperating, and responding to the feelings of others.

### **Movement**

- Walks alone
- Pulls toys behind her while walking
- Carries large toy or several toys while walking
- Begins to run
- Stands on tiptoe
- Kicks a ball
- Climbs onto and down from furniture unassisted
- Walks up and down stairs holding on to support

### **Hand and Finger Skills**

- Scribbles spontaneously
- Turns over container to pour out contents
- Builds tower of four blocks or more
- Might use one hand more frequently than the other

### **Language**

- Points to object or picture when it's named for him
- Recognizes names of familiar people, objects and body parts
- Says several single words (by 15 to 18 months)
- Uses simple phrases (by 18 to 24 months)
- Uses two- to four-word sentences
- Follows simple instructions
- Repeats words overheard in conversation

### **Cognitive**

- Finds objects even when hidden under two or three covers
- Begins to sort by shapes and colors
- Begins make-believe play

### **Social**

- Imitates behavior of others, especially adults and older children
- Increasingly aware of herself as separate from others
- Increasingly enthusiastic about company of other children

## **Emotional**

- Demonstrates increasing independence
- Begins to show defiant behavior
- Episodes of separation anxiety increase toward midyear then fade

## **Developmental Health Watch**

Because each child develops at his own particular pace, it's impossible to tell exactly when yours will perfect a given skill. The developmental milestones will give you a general idea of the changes you can expect as your child gets older, but don't be alarmed if he takes a slightly different course. Alert your pediatrician; however, if he displays any of the following signs of possible developmental delay for this age range.

- Cannot walk by 18 months
- Fails to develop a mature heel-toe walking pattern after several months of walking, or walks exclusively on his toes
- Does not speak at least 15 words by 18 months
- Does not use two-word sentences by age 2
- By 15 months, does not seem to know the function of common household objects (brush, telephone, bell, fork, spoon)
- Does not imitate actions or words by the end of this period
- Does not follow simple instructions by age 2
- Cannot push a wheeled toy by age 2

Excerpted from [\*Caring for Baby and Young Child: Birth to Age 5\*](#), Bantam 1999

If you are concerned about your child's development, please contact your child's doctor and

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