



Developmental checklist for ages 2-3 years old

Fine motor

- Scribbles, horizontal and vertical lines, and dots
- Can pick up small items and put them in containers
- Loves picture books and can turn pages individually
- Tower of 6-7
- Cuts paper in short lines in one place
- Bends paper to make crease
- Strings 2 to 4 beads

Visual

- Tracks balls

Gross motor development

- Walks and runs steadily
- Climbs stairs with assistance both feet moving to each step before the next
- Can throw a ball underhand
- Beginning to jump with both feet
- Tries to kick a ball
- Can put on shoes and a hat

Feeding

- Uses a spoon and fork for self-feeding
- Can drink from a cup without a lid

Cognitive

- Beginning to match objects by shape or colour
- Matches an object to a picture
- Showing curiosity with objects around them
- Enjoys imitating simple actions
- Identifies body parts

Communication and social development

- 50 words or above
- Understands and follows short requests



- Beginning to combine 2 words eg more juice, big dog
- Beginning to understand simple questions and respond e.g. where are your eyes?
- Engages in simple back-and-forth conversations with adults
- Becoming more independent and showing their preferences
- Indicates when they need to use the bathroom but may still need assistance
- Engages in parallel play with others
- Recognizes familiar people and objects
- Developing a range of emotions

Please note that this checklist serves as a general guide and individual development does vary. If you have any concerns in any of the above areas, please do reach out to myself or consult with a pediatrician.

A handwritten signature in black ink that reads "K. Powell".

Kate Powell

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