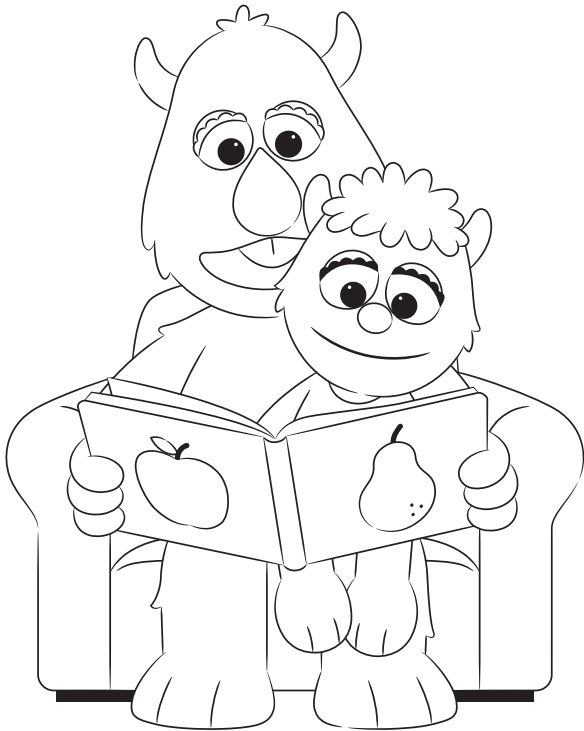


# Your Two-Year-Old

Children's wellness is often measured by milestones: What can they do and when can they do it? Wellness visits are regular opportunities for these check-ins—they're a great time to ask questions and raise concerns about your child's growth and development! **All children grow and develop at their own pace. Here's what you may be noticing at age 2.**



Meet Rudy, a 2-year-old monster Muppet!



Read Monster Moments and watch Marty the Muppet grow!

## Physical growth and development:

- Learn about height and weight milestones at [www.cdc.gov/growthcharts](http://www.cdc.gov/growthcharts).

## Thinking and reasoning:

- Start to understand simple time concepts, such as "now," "later," or "a few minutes."
- Follow simple one-step directions ("Put the book on the table").
- Recognize basic gestures, such as nodding the head for yes or no.
- Start to play "pretend" (such as talking on a toy telephone).
- Start to recognize and sort objects by shape and color.

## Emotional and social development:

- Begin to realize that they are individuals and are separate from other people; like to observe and imitate other people!
- Are aware they may not always get what they want or that they may have to wait.
- Are interested and excited about being with other children but still play side-by-side (rather than with them).

## Language development:

- Use at least 50 words and put two words together, such as "no bottle"; name some body parts and familiar objects ("toy" or "cat").
- Speak with a mix of made-up words and understandable words.

## Senses and movement:

- Go up and down stairs one step at a time, kick a ball, start to run, stand on their tiptoes, and carry large toys around.
- Scribble and draw simple strokes with a crayon, pour out objects from a container, and build a tower with 4 or more blocks.