



Terrific Twos: An age of childhood play and discovery

When your child turns 2, fascination with games and toys turns the world is his or her playground. It's an age where parents and caregivers take a more active role in play, too, challenging the toddler to kick a ball, build with blocks and play pretend.

Every child grows at his or her own rate, but children generally develop in predictable ways. [Help Me Grow](#) offers the following developmental milestones as typical for a 2-year-old. These milestones help monitor a toddler's progress:


- Kicks a ball forward
- Walks up and down stairs holding on
- Points to things or pictures in a book when named
- Uses 2 or 3 words together*
- Plays briefly beside other children
- Builds towers of 4 or more blocks

For a 2-year-old, parents, child care providers and caregivers can take the following actions to encourage development:

- Talk to toddler about things you and they are doing and seeing
- Be calm and comforting after temper outbursts
- Be consistent with what toddler can and cannot do
- Talk to toddler and use words for feelings
- Encourage and praise toddler
- Tell stories, read and encourage pretend play

Help Me Grow suggests that parents, child care providers and caregivers track a child's progress as he or she grows. To request developmental resources or a developmental wheel, which includes milestones and actions to encourage a child's progress, contact Kathy McKay at (651) 728-0400 or kathy.mckay@metroecu.org. For more information, visit helpmegrowmn.org.

**Help Me Grow recommends that parents talk to their health care provider or refer their child through Help Me Grow if their toddler isn't using 2-word phrases at 2 years old.*



2 YEAR MILESTONES

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**>> We recommend immediate referral:
If your toddler isn't using 2-word phrases**

For more information on two-year milestones, please visit HelpMeGrowMN.org

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