

Developmental Skills at a Glance: Ages 2-3

A family-friendly guide to skills you may notice emerging at this age

Children develop at different rates and in different ways. These are examples of skills you may notice emerging. One skill on its own does not tell us whether a child has a developmental difficulty.

COMMUNICATION & LANGUAGE

Uses words and begins combining words • Follows simple familiar directions • Answers simple questions • Learns new words during everyday routines • Communicates wants, needs and interests

MOVEMENT & HAND SKILLS

Runs and climbs during play • Kicks a ball • Turns book pages • Scribbles and makes marks • Builds with blocks and manipulates simple toys • Uses both hands together

REGULATION & PARTICIPATION

Recovers from everyday frustrations with adult support • Moves between familiar activities with help • Participates in active and quieter routines • Communicates discomfort or distress in some way

PLAY & SOCIAL COMMUNICATION

Notifies and shows interest in other children • Plays alongside others • Begins simple pretend play • Imitates actions, sounds or words • Shares interesting things with adults

EVERYDAY INDEPENDENCE

Feeds themselves with increasing independence • Uses a spoon and open cup • Helps with dressing and undressing • Participates in clean-up • Makes simple choices • Lets adults know when help is needed

LEARNING THROUGH PLAY

Explores books, toys and materials • Participates in familiar songs and routines • Learns through imitation and repetition • Makes choices • Persists for short periods with activities that interest them

SIMPLE IDEAS TO TRY AT HOME

- Talk about what your child is doing during everyday routines.
- Offer simple choices and wait for your child to respond.
- Read together and name or talk about pictures.
- Make time for active, sensory and pretend play.

Have questions about your child's development?

Hello Speech Developmental Services supports children and families with speech, language, occupational therapy and developmental services.

www.hellospeechgta.com | 647-202-2377 | info@hellospeechgta.com

For multilingual children, consider skills across all of the child's languages. AAC and other communication methods count as communication.

Evidence-informed by the Rourke Baby Record / Canadian Paediatric Society, CDC Learn the Signs. Act Early., ASHA developmental guidance, and occupational therapy participation frameworks.

For general education only. This handout is not a developmental screening or diagnostic tool.