

I am 2 years old

My development – *Learn the Signs. Act Early.*

(what most children do at this age)

Social/Emotional Milestones

- Notices when others are hurt or upset, like pausing or looking sad when someone is crying
- Looks at your face to see how to react in a new situation

Language/Communication Milestones

- Points to things in a book when you ask, like “Where is the bear?”
- Says at least two words together, like “More milk.”
- Points to at least two body parts when you ask them to show you
- Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes

Cognitive Milestones (learning, thinking, problem-solving)

- Holds something in one hand while using the other hand; for example, holding a container and taking the lid off
- Tries to use switches, knobs, or buttons on a toy
- Plays with more than one toy at the same time, like putting toy food on a toy plate

Movement/Physical Development Milestones

- Kicks a ball
- Runs
- Walks (not climbs) up a few stairs with or without help
- Eats with a spoon

Other important things to share with your Child and Family Health Nurse or GP

- What are some things you and your child do together?
- What are some things your child likes to do?
- Is there anything your child does or does not do that concerns you?
- Has your child lost any skills they once had?
- Does your child have any healthcare needs or were they born prematurely?

You know your child best. Don't wait. If your child is not meeting one or more milestones, has lost skills they once had, or you have other concerns, act early. Talk with your Child and Family Health nurse or GP, share your concerns, and ask about developmental screening.

Download the Love, Talk, Sing, Read, Play app for ideas to spending time with your child. Available on Android and iPhone.

Language adapted for Australian English by NSW Ministry of Health. Original content provided by the U.S. Centers for Disease Control and Prevention's *Learn the Signs. Act Early.* Program (www.cdc.gov/ActEarly; February 2022).

For more great ideas on how to support my development, download the Bright Tomorrows app <https://www.brighttomorrows.org.au/>

My personal health record

There is general agreement that access to at least 15 hours per week, or 600 hours per year, of quality preschool in the year before full-time school leads to improved outcomes for children. There could also be additional benefits for children who start attending preschool two years before they start school.

Parents and carers can access more information about the importance of early education, or on local early childhood education services, at education.nsw.gov.au/early-childhood-education/information-for-parents-and-carers.

Additional questions for parents/carers

Answer these questions before you visit your nurse or doctor for the 2 year health check.

I have completed the health risk factor questions on page 22	No Yes
I have completed the dental risk factor questions on page 84	No Yes
I am concerned about my child's hearing	Yes No
Others have said they are concerned about my child's hearing	Yes No
I am concerned about my child's vision	Yes No
My child has a turned or lazy eye (squint or strabismus)	Yes No
My child has difficulty seeing small objects	Yes No
My child recognises familiar objects and people from a distance	No Yes
My child is exposed to smoking and/or vaping in the home/car	Yes No
My child has sweet drinks and snacks throughout the day	Yes No
My child still uses a bottle	Yes No

If you circled any answer in the first column, please tell your doctor or child and family health nurse.