

Child Development

1 to 2 Years Old

BY THE AGE OF 2 YEARS, A CHILD SHOULD.....

Fine Motor:

- Stack a tower of 4-6 blocks
- Turn the pages in a board book one at a time, without help
- Scribble with a marker or crayon
- Put simple shapes (circle, triangle, square) into a puzzle or shape-sorter

Gross Motor:

- Walk and run with ease
- Walk up and down steps holding onto an adult's hand or railing (may put both feet on each step)
- Be able to squat down to pick up a toy and return to standing without losing balance
- Be able to walk backwards
- Throw a ball

Self-Help:

- Drink from an open cup (not a sippy cup) with some spilling
- Open a door by turning a knob
- Remove socks, hat, and shoes (when laces undone) without help
- Feed self with spoon with some spilling

Social/Play Skills:

- Imitate doing activities he/she sees adults doing (for example, pretends to talk on play phone, uses a small broom to sweep or a cloth to wipe, etc.)
- Gesture and point to indicate needs
- Identify self in mirror or pictures
- Play alongside other children with occasional interaction

If you have concerns about your child's development in any of these areas, he/she may benefit from an Occupational Therapy evaluation.