

Child Development

2 to 3 Years Old

BY THE AGE OF 3 YEARS, A CHILD SHOULD...

Fine Motor:

- Stack a tower of 8-9 blocks
- Draw a circle
- String beads
- Snip with scissors
- Complete a 3-4 piece puzzle

Gross Motor:

- Walk up and down steps without holding on; may put one or both feet on each step
- Jump off the floor with 2 feet
- Be able to throw and kick a ball
- Catch a ball against chest
- Stand on one foot for 1-5 seconds
- Pedal a tricycle
- Be able to walk on tiptoes

Self-Help:

- Pull down elastic-waist pants without help
- Help to put on socks; takes off socks and shoes without help
- Feed self with little spillage; use fork and spoon and drink from an open cup

Social/Play Skills:

- Begin to play with other children (in groups of 2 or 3 children)
- Participate in group activities
- Pretend during play, such as feeding a baby doll, pretending to cook, etc.
- Use words to express wants, answer yes/no questions
- Associate facial expressions with emotions
- Enjoy being read to and looking at books independently

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