



Woman's

Developmental Milestones 18 Months–3 Years



Toddlerhood is an exciting time, as your child is transitioning from infancy to preschool years. All children develop at different rates, but there are general developmental milestones that children are expected to attain at a certain level.

Developmental milestones can be utilized to determine an expected age of achievement in the areas of physical development, communication, and social/emotional development.

18 Months–2 years

Physical Development:

- Walks independently
- May run
- May walk up steps with assistance
- May undress him or herself
- Uses a cup and spoon
- Scribbles
- May jump in place
- Stacks 3-4 blocks

Social/Emotional Development:

- May demonstrate increased temper tantrums
- May have increased separation anxiety
- Demonstrates pretend play (feeding a doll or stuffed animal)
- Demonstrates increased desire for independence
- Understands the concept of "mine"

Communication/ Language Development:

- Understands "no"
- Uses 20-50 words
- Combines two words such as "go night-night"
- Makes the sounds of familiar animals
- Gives a toy when asked
- Uses words such as "more" to make wants known
- Points to 3 or more body parts
- Brings object from another room when asked
- Points to common pictures in books upon command



2-3 years

Physical Development:

- Walks up and down stairs while holding a hand or rail
- Runs without falling
- Kicks a ball
- Throws a ball overhand
- Stands on tiptoes
- Climbs

Social/Emotional Development:

- Can become defiant
- Engages in social dialogue
- Can express emotion
- Enjoys interactions with other children
- Engages in pretend play with other children
- Shows more and more independence

Communication/Language Development:

- Has a word for almost everything
- Talks about things that are not in the room
- Uses prepositions, such as in, on and under
- Uses two- or three- words to talk about and ask for things
- Is understood by familiar people
- Asks "Why?"
- Puts 3 words together to talk about things
- Yes/no questions emerging
- Understands over 500 words by age 3
- Has a vocabulary of 50-200 words
- Follows two-step directions (Ex: Pick up your cup and put it on the table)