

# Fine Motor Development 24-30 Months

## Fine Motor Milestones

- Copying lines and circles with a crayon while drawing
- Stringing large beads independently
- Opening containers with lids
- Turning pages in a book a single page at a time
- Improved precision while drawing

### What is important during this age?

Your toddler will likely be developing improved control with drawing. They can now use their hands together to string beads, and open containers.

### What can you do to support fine motor development?

Drawing and coloring is a great activity that promotes fine motor control and strengthening. Sit down with your toddler and have them watch you draw a single line. After watching, prompt your child to try to copy your line. Continue this activity with vertical and diagonal lines. You can also try to have your toddler copy circles. Larger crayons are going to be easier for your toddler to control.

# Gross Motor Development

## 24-30 Months

### Milestones

- Jumping up and jumping forward with both feet leaving the floor
- Running and stopping
- Walking up steps with one foot on each stair
- Navigating spaces without falling
- Kicking a ball with a leg swing

### What is important during this age?

Your toddler is now able to run, jump, and kick a ball. They can now go up the stairs with one foot on each stair, right foot on step with the left foot on the next. You may notice more of a leg swing and better balance on one foot when they kick a ball. They are also improving their motor skills to include the ability to navigate while running and stopping before running into things.

### What can you do to support motor development?

Playing games that challenge skills such as running, and starting/stopping games are great development activities. These games can include, Red Light-Green Light, hopscotch, stomping on bubbles, and Duck, Duck Goose.

## Social & Emotional Development

### 24-30 Months

#### Milestones

- Exerting independence
- Copies activities and actions of others
- Asks many questions
- Shows empathy
- Tries to offer comfort by giving toys or other objects
- Shows a variety of emotions

#### What is important during this age?

Your toddler is beginning to portray a wide variety of emotions. They are also learning to show empathy for other's emotions

#### What can you do?

Help your child label emotions they are having. If your child is upset, you may say "I can tell that you are sad because you have tears in your eyes and a frown on your mouth." Helping children recognize emotions will also help them understand how they are responding to these emotions. Children learn what emotions are and then they can learn to recognize how to deal with them. This helps children learn that it is okay to feel angry, but it is not okay to hit. Give them other appropriate option to deal with their emotions such as running around outside instead of kicking a sibling.

## Self-Help Skills

### 24-30 Months

#### Milestones

- Turning toys, switches, and buttons on and off
- Can follow brief directions
- Uses a spoon and fork with little spilling
- Pulling up pants after going to the bathroom
- Putting a shirt or coat on by themselves
- Toilet Learning
- Taking off their own shoes
- Throwing garbage away in trashcan
- Play independently for about 30 minutes

#### What is important during this age?

Toilet learning is an important milestone that is often begun during this time. Toilet learning involves emotional growth, mind-body connection, support from all caregivers, and lots of practice and patience. Keep in mind that some children are not ready for this skill until 36 months.

#### What can you do?

Look for readiness signs:

- Child removes dirty diapers
- Awareness/ questions about body
- Staying dry for longer periods
- Able to pull pants up and down

Practice:

- Practice sitting on the toilet
- Consider a child's toilet seat
- Celebrate when they use the toilet
- Have your child teach a stuffed animal about using the toilet
- Read books about toilet learning
- Practice sitting, flushing, and washing hands

Wait until your child is ready and toilet training will be much more successful.

# Speech and Language Development

## 24-30 Months

### Language Milestones

#### 24-30 Months

- Names familiar objects
- Repeats words they hear
- Points to body parts
- Can follow simple verbal directions
- Can answer simple questions
- Uses 3 to 4-word sentences

#### What is important during this age?

Your child is now able to follow simple instructions such as “go get your shoes” without you having to point to where they need to look. They are combining words to create simple sentences. They can also answer questions regarding what they are doing or reading.

#### What can you do to support language development?

Your child is listening to your conversations throughout the day. You may notice they will repeat words that they overhear. Narrate your day to help your child learn. Talk to your child throughout your day. Point out things as you drive, ask your child to name things at the grocery store, and ask your child questions about their environment. Take your child to the library and have them pick out books they are interested in. The children’s librarian can be a great resource in finding books your child will enjoy.