

Your child at 30 months*



Child's Name _____

Child's Age _____

Today's Date _____

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by 30 months. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What most children do by this age:

Social/Emotional Milestones

- Plays next to other children and sometimes plays with them
- Shows you what she can do by saying, "Look at me!"
- Follows simple routines when told, like helping to pick up toys when you say, "It's clean-up time."

Language/Communication Milestones

- Says about 50 words
- Says two or more words, with one action word, like "Doggie run"
- Names things in a book when you point and ask, "What is this?"
- Says words like "I," "me," or "we"

Cognitive Milestones (learning, thinking, problem-solving)

- Uses things to pretend, like feeding a block to a doll as if it were food

- Shows simple problem-solving skills, like standing on a small stool to reach something
- Follows two-step instructions like "Put the toy down and close the door."
- Shows he knows at least one color, like pointing to a red crayon when you ask, "Which one is red?"

Movement/Physical Development Milestones

- Uses hands to twist things, like turning doorknobs or unscrewing lids
- Takes some clothes off by himself, like loose pants or an open jacket
- Jumps off the ground with both feet
- Turns book pages, one at a time, when you read to her

* It's time for developmental screening!

At 30 months, your child is due for general developmental screening as recommended for all children by the American Academy of Pediatrics. Ask the doctor about your child's developmental screening.

Other important things to share with the doctor...

1. What are some things you and your child do together? _____
2. What are some things your child likes to do? _____
3. Is there anything your child does or does not do that concerns you? _____
4. Has your child lost any skills he/she once had? _____
5. Does your child have any special healthcare needs or was he/she born prematurely? _____

You know your child best. Don't wait. If your child is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your child's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your child more; and
2. Call your state or territory's early intervention program to find out if your child can get services to help. Learn more and find the number at cdc.gov/FindEI.

For more on how to help your baby, visit cdc.gov/Concerned.

**Don't wait.
Acting early can make
a real difference!**

Download CDC's
free Milestone
Tracker app



Your next steps

- Share this checklist & keep tracking milestones!** Take this checklist to your child's next check-up and be sure to share it with the doctor, as well as others who care for your child. Keep tracking by downloading CDC's FREE *Milestone Tracker* app or find online checklists at www.cdc.gov/Milestones.
- Support your child's development with these tips and many more from www.cdc.gov/milestones or on CDC's *Milestone Tracker* app**
 - Give your child food choices that are simple and healthy. Let him choose what to eat for a snack or what to wear. Limit choices to two or three.
 - Play with your child outside. For example, take your child to the park to climb on equipment and run in safe areas.
 - Encourage "free play," where your child can follow her interests, try new things, and use things in new ways.
 - Help your child learn how to play with other children. Show him how by helping him share, take turns, and use his "words."
 - Allow your child to eat as much or as little as she wants at each meal. Your job is to offer her healthy foods and it's your child's job to decide if and how much she wants to eat.



If your child is missing milestones or you have other concerns:

- Call your child's doctor.** Schedule a follow-up visit with your child's doctor as soon as possible. Tell the doctor you want to talk about your child's development. Take this checklist with you and ask for developmental screening.
- Call for services to help.** Call _____ and say "I have concerns about my child's development and would like to have my child evaluated to find out if he/she is eligible for services to help." You don't need a doctor's referral to call this program.

Don't wait. Acting early can make a real difference!

Note to Dr. _____ :

- WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children) encourages families to talk with you about their child's development.
- This checklist reflects milestones **MOST children (at least 75%)** would be expected to meet by this age.
- Missing milestones can be an indication to administer a developmental screening. The American Academy of Pediatrics (AAP) recommends developmental screening between recommended screening ages if concerns arise; this checklist is not a substitute for a standardized, validated screening tool.
- If a developmental screening shows concerns or you or the parent still have concerns, refer to your states' early intervention program _____ and, at the same time, for further developmental and medical evaluation.
- For FREE resources to support developmental surveillance, visit cdc.gov/ActEarly/Healthcare.

www.cdc.gov/ActEarly
1-800-CDC-INFO (1-800-232-4636)



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