

Is Your Child on Track?

24 - 36 Months

Skill Areas	Typical Development	Red Flags
Posture/ Gross Motor	<ul style="list-style-type: none"> Walks up stairs alone, not alternating feet Runs fast and changes direction without falling over Jumps with both feet together; jumps off step Emerging ability to ride tricycle with pedals (3 years) 	<ul style="list-style-type: none"> Clumsy, trips or falls often In constant motion, fearless, safety risk Fear of movement or heights
Fine Motor	<ul style="list-style-type: none"> Uses hands to twist items (e.g. jar lid) Pours from one container to another with some spillage Starts to use fingers and thumb to hold crayon Imitates vertical and horizontal lines and circles Manipulates small toy parts (buttons, levers, etc.) Turns pages of a book one at a time 	<ul style="list-style-type: none"> Not using hands together Avoids or is easily frustrated by fine motor activities Not able to manipulate levers on simple toys
Sensory	<ul style="list-style-type: none"> Active exploration of environment, moving away from mom for 5 or more minutes (self regulation) Highly curious about unfamiliar objects and events Stays with one activity for 6-7 minutes Displays simple problem solving skills 	<ul style="list-style-type: none"> Overly sensitive to touch or noise Strong fear of new events, poor transitions, unable to self calm, excessively clingy
Eating	<ul style="list-style-type: none"> Tolerates a wide variety of food textures in mouth Drinks from an open cup Good chewing pattern for all table foods 	<ul style="list-style-type: none"> Refuses or can't feed self Very limited food repertoire; strong food refusals
Self Care/ Sleep	<ul style="list-style-type: none"> Develops ability to use a fork Puts on simple clothes without assistance (hat, pants, shoes) Remains dry between regular toileting; interest in potty Typically still needs a daily nap 	<ul style="list-style-type: none"> Does not show interest in self care and family routines Strong distress or battles around getting dressed
Speech & Language (24-30 Months)	<ul style="list-style-type: none"> Understands prepositions and sizes (in, on, big, little) Speaks 50-250+ words; speech is 50-75% intelligible Requests items by name; refers to self by name Responds to yes/no questions Uses plurals (s) and verbs + ing Asks 1-2 word questions 	<ul style="list-style-type: none"> Can not answer simple who, what, where questions Speech is often difficult to understand Does not follow two step requests Does not actively seek out adults to share toys, activities or experiences Vocabulary is not rapidly growing
Speech & Language (30-36 Months)	<ul style="list-style-type: none"> Understands who, whose, what, and where Follows unrelated two step commands Refers to self as "me" Uses past tense (-ed) Uses 3-4 word phrases Asks what, where, and why questions 	
Social/ Play	<ul style="list-style-type: none"> Participates in pretend play and/or imitates peers Understands rules and when they have been broken Has difficulty sharing; but can share with adult prompts Shy with strangers Picks up and puts away toys with parental reminders 	<ul style="list-style-type: none"> Does not show interest in play with adults or children Appears mostly in his/her own world

