

Your Child At

30

months

DEVELOPMENT CHECK



Social/ Emotional

- Initiates own play activities
- Has a hard time waiting. Cannot delay gratification
- Has a hard time sharing things
- Wants routines to be "just so" and does not like changes in routines
- Has established a place in the family and knows their own sex
- Observes other children at play and joins in

Language/ Communication

- Uses at least 200 words
- Begins using verbs with "ing" endings
- Starts using words with two or more syllables
- Uses short sentences of 2 or 3 words
- Can say their first name when asked
- Can answer simple questions like "Where is your nose?"
- Can name words in a book when you point and ask "What is this?"

Cognitive

- Uses things to pretend, like feeding a block to a stuffed animal as if it were food
- Shows simple problem-solving skills, like using a stool to reach something
- Follows 2-step instructions
- Knows at least 1 color and can point to objects of that color when asked
- Understands that things are different shapes and sizes

Adaptive

- Helps put things away
- Drinks from open cup independently without spilling
- Understands common dangers (e.g., sharp and hot objects) and stays away from them
- Independently undresses self, pulls pants up, pushes arms through armholes in shirt to help with dressing
- Feeds self with spoon independently
- May use fork to stab solid foods

Movement/ Physical

- Can jump in place and walk on tiptoes
- Walks up and down steps putting both feet on each step, may alternate feet going up
- Can zip and unzip
- Builds towers of 6 to 8 cubes
- Screws lids on and off containers
- Draws horizontal and vertical lines, may copy a circle
- Runs easily and around obstacles