



## Milestones Matter

# Your Child at 2 Years

How your child plays, learns, speaks, acts and moves offers important clues about his or her development.

### What Most Children Do by 2 Years

#### Social/Emotional

- Copy others, especially adults and older children
- Get excited when with other children
- Show more and more independence
- Show defiant behavior

#### Hearing/Language

- Point to things or pictures when they are named
- Know names of familiar people and body parts
- Say sentences with two to four words
- Follow simple instructions
- Repeat words overheard in conversation
- Point to things in a book
- Follow two-step instructions
- Name items in a picture book

#### Cognitive (learning, thinking, problem-solving)

- Find things even when hidden
- Begin to sort shapes and colors
- Complete sentences and rhymes in familiar books
- Play simple make-believe games
- Build towers of four or more blocks

#### Movement/Physical Development

- Stand on tiptoes
- Kick a ball
- Begin to run
- Climb onto and down from furniture without help
- Walk up and down stairs holding on
- Throw ball overhand
- Make or copy straight lines and circles

### You Know Your Child Best

It's important to act right away if you have concerns about the way your child plays, learns, speaks, acts or moves, or if your child:

- Is missing milestones
- Doesn't use two-word phrases
- Doesn't know what to do with common things
- Doesn't copy actions and words
- Doesn't follow simple instructions
- Doesn't walk steadily
- Loses skills she once had

### You Can Help Your Child Learn and Grow

Here are some activities to enjoy with your child.

- Encourage him to help with simple chores
- Give him lots of attention and praise when he follows instructions
- Teach her to identify and say common names of things
- Encourage her to say a word instead of pointing
- Hide his toys around the room and let him find them
- Help her do puzzles with shapes, colors or animals
- Encourage him to play with blocks
- Do art projects using crayons, paint and paper
- Ask him to help you open doors and drawers
- Ask her to carry small things for you
- Kick a ball back and forth
- Take him to the park to run and climb

This information was adapted with permission from Centers for Disease Control and Prevention's milestone checklists and tips.

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

If you have any concerns about your child's hearing or development, it is important to act early. It can make a big difference! You can talk to your child's pediatrician, call your child's school district or area educational agency, or schedule a clinical hearing, speech-language, or developmental evaluation.

## Clinical Evaluations

Boys Town National Research Hospital offers pediatric hearing evaluations. Call 531-355-6540 to schedule an appointment at the Downtown location or 531-355-6800 to schedule an appointment at the West location.

Boys Town National Research Hospital - Downtown  
555 N. 30th St., Omaha, NE 68131

Boys Town National Research Hospital - West  
14000 Boys Town Hospital Rd., Boys Town, NE 68010

Boys Town National Research Hospital offers speech-language evaluations and therapy for children with communication concerns. Call 531-355-5087 to schedule an appointment.

Boys Town National Research Hospital - Downtown  
555 N. 30th St., Omaha, NE 68131

Boys Town Speech-Language Clinic  
14015 Flanagan Blvd., Suite 101, Boys Town, NE 68010

Boys Town Center for Behavioral Health offers services for children with behavioral or social-emotional concerns. Call 531.355.3358 to schedule an appointment.

Boys Town Center for Behavioral Health  
13460 Walsh Dr., Boys Town, NE 68010

## Educational Evaluations

Your child may qualify for a free assessment through the school district or area educational agency in which you reside, some of which are listed below. For more information, you can also contact Nebraska ChildFind at 1-888-806-6287 or Iowa Early Access at 1-888-IAKIDS1.

Ashland-Greenwood Public Schools  
402-944-7083

Gretna Public Schools  
402-332-3265

Bellevue Public Schools  
402-293-4000

Millard Public Schools  
402-715-8302

Bennington Public Schools  
402-238-3044

Northwest Area Educational Agency  
712-222-6050

DC West Community Schools  
402-359-2583

Omaha Public Schools  
531-299-0242

Elkhorn Public Schools  
402-289-2579 ext. 11000

Papillion-La Vista Community Schools  
402-514-3243

Fremont Public Schools  
402-727-3084

Westside Community Schools  
402-390-2100

Green Hills Area Educational Agency  
712-366-0503 ext. 7215

Yutan Public Schools  
402-625-2141

