

## WHAT I CAN DO...

- Name clothing items and know when to use them (jackets are used when it is cold outside)
- Use three-word sentences along with pronouns, action words, and past tense
- Say my name
- Get upset when you do not understand me
- Answer *yes/no, what, where* questions
- Wash my hands and brush my teeth with minimal assistance
- Undress – remove several articles of clothing
- Anticipate the need to go potty although it might not be in time
- Walk up and down steps by myself with two feet on each step
- Run avoiding obstacles and stop without help or falling down
- Imitate standing on one foot
- Catch a large ball
- Understand and follow home or classroom routines
- Know six body parts
- Match simple shapes and colors (circles, triangles, squares, black and white)
- Understand action words
- Hold a crayon with my thumb and fingers; draw vertical lines, horizontal lines, and continuous circles

## WHEN TO TALK TO MY DOCTOR...

- I struggle to play with simple toys
- I make limited eye contact with you or others
- I do not want to play or be around other children or appear to have extreme anxiety around peers
- I only use single words or fewer than 50 words

# 24 - 30 MONTHS

(2 - 2½ YEARS)

## HOW YOU CAN HELP ME...

- Talk about my emotions to help me label them
- Read children's books about emotions and feelings
- Give me more complex instructions and help me when I struggle to understand
- Draw with me
- Read with me and ask me to label items in the book
- Encourage me to climb stairs independently and to climb up onto chairs (when it is safe)
- Continue to label objects throughout the day so my vocabulary continues to increase
- Talk to me about going potty; help me to use the toilet every few hours until I can tell you myself when I need to go (I might not be ready for several more months)
- Encourage my independence in undressing, feeding, wiping my nose, and washing my hands
- Give me a new food along with a favorite food; give it to me with 10-15 meals before you decide that I do not like it
- Do not let me watch or play more than 30-60 minutes on TV, computer, or video games each day