

Toddler Milestones

Physical Development

1. Large Motor Skills

A. Controls body movement

1. Sits in a chair unassisted
2. Rides wheel toys (without pedals)
3. Pedals a small tricycle
4. Pushes and pulls toys while walking
5. Walks up stairs using railing
6. Walks up stairs without railing
7. Walks down stairs with railing
8. Walks down stairs without railing
9. Walks up and down stairs, alternating feet

B. Demonstrates coordination and balance

1. Bends down from a standing position to pick up something, without falling
2. Squats in play
3. Dances/rocks from side to side
4. Stands on one foot while hands are held
5. Stands on one foot alone
6. Balances alone on one foot for 3 seconds
7. Walks alone
8. Walks, carrying a large ball
9. Walks on tip-toe
10. Walks backward
11. Walks on an 8 foot line (tape)
12. Walks sideways
13. Runs
14. Runs around in a circle
15. Gallops
16. Hops on one foot, two or more times
17. Jumps in place on both feet
18. Jumps forward on both feet
19. Jumps over low object (rope) with both feet
20. Throws a ball over her head
21. Throws a 3" ball forward
22. Uses one hand to throw a ball to a person a short distance away

23. Catches a large ball with extended stiff arms
24. Rolls a ball from a sitting position
25. Catches a ball rolled to him
26. Kicks a large ball forward

2. Small Motor Skills

A. Demonstrates control of hands and fingers

1. Turns pages in a book
2. Turns faucet on and off
3. Turns handle of an eggbeater
4. Twists to unwrap an object
5. Twists to take off and put on screw-top jar lids
6. Pulls apart pop beads
7. Tears paper
8. Snips playdo "snakes"
9. Snips paper strips
10. Fringe cuts with scissors (2-3 cuts)
11. Scribbles with crayons
12. Uses large paint brush to fill in most of the paper
13. Makes designs with fingers and hands in finger-paint
14. Applies glue and pastes collage pieces

B. Demonstrates eye-hand coordination

1. Drops objects in containers
2. Puts an object through a hole in a container
3. Puts cheerios in a small bottle
4. Removes rings from a post stacking toy
5. Puts rings on a stacking toy
6. Removes toddler pegs from pegboard
7. Puts toddler pegs in pegboard
8. Complete simple one piece puzzle
9. Completes 3-4 piece puzzle
10. Completes 6-8 piece puzzle
11. Strings large beads
12. Laces strings through punched holes
13. Builds a tower of 2 blocks (3" blocks)
14. Builds a tower of 4-6 1" cubes
15. Pounds, rolls and squeezes playdo

16. Hammers large pegs in workbench
17. Puts cap back on marker or glue stick

C. Demonstrates self-help skills

1. Removes socks and partially pulls shirt over head
2. Indicates need for change of soiled diapers and clothing
3. Removes loose clothing (socks, mittens, hat, untied shoes)
4. Takes off coat unassisted
5. Fastens clothing with Velcro
6. Unties shoes or hat
7. Puts on hat
8. Unzips clothing
9. Zips clothing
10. Puts on socks, loose shoe or "stretch" pants
11. Removes shirt and pants without assistance
12. Puts on coat
13. Puts on shoes (often on wrong feet)
14. Cooperates in hand washing and drying
15. Allows teeth to be brushed (begins to brush own teeth)
16. Wipes nose, when given tissue
17. Feeds self cheerios
18. Holds and drinks from a cup
19. Brings spoon to mouth and eats some food off of it
20. Scoops food from dish with spoon (may spill some)
21. Chews food well
22. Feeds self with little spilling
23. Uses a fork for eating
24. Stirs liquid with spoon
25. Scrapes plate after lunch
26. Pours rice from one container to another
27. Helps clean up toys
28. Alerts teacher to need to use the bathroom
29. Uses bathroom when placed on toilet
30. Helps set table for lunch
31. Helps clean up table after lunch