

Talk to your child's doctor if you have concerns.

Ask for a referral to a specialist or contact
First Steps, Kentucky Early Intervention System
(877) 417-8377
for an evaluation to find out about possible services.

**Download CDC's
Milestone Tracker App**



Place agency contact label here

For additional information on
developmental milestones go to
www.cdc.gov/ActEarly
1-800-CDC-INFO (1-800-232-4636)



Learn the Signs. Act Early.

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Peek-a-boo!
Look who's turning TWO!



Milestones Matter:

How your child plays, learns, speaks, acts, and moves offers important clues about their development. Check the milestones your child has reached by age 2.

What most 2 year olds do:



Notices when others are hurt or upset



Says at least 2 words together like “More milk”



Points to things in a book when asked, like “Where is the bear?”



Tries to use switches, knobs, or buttons



Runs, kicks a ball, and eats with a spoon

**Remember to schedule
your 2 year old
well-child visit!**



Help Your Child Learn & Grow



Give your child balls to kick, roll, and throw.



Play outside in your yard, the park, the playground, or on nature trails.



Let child play dress up for pretend play.



Do simple art projects with your child with crayons, paint, and paper. Hang on the wall or refrigerator so they can see it.



Offer healthy foods and allow your child to eat the amount they want.



Have your child help you get ready for mealtime by letting them carry things to the table, such as plastic cups or napkins.

You Know Your Child Best



Don't wait! If your child is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early.

