

## Physical development milestones

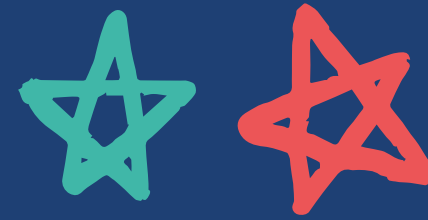
Use these guidelines to offer age-appropriate activities for your child. Remember, these are just guidelines, and a healthy child may achieve a milestone later than average.

### 15-18 months

#### Your baby will typically be...

- Walking independently
- Pointing at objects that they want you to reach for them
- Makes a tower of two or more bricks ('mature hand release')
- Able to kneel with no help or only a little support
- Squats to pick something up
- Enjoy climbing on furniture
- Turning pages, 2 to 3 at a time
- Scribble, spontaneously.





# Physical development milestones

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## By two years old

Self help skills (skills that help children become more independent) will include...

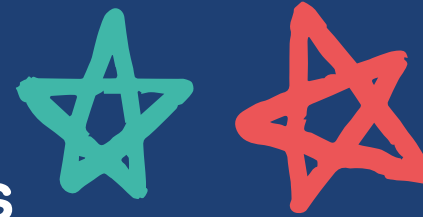
- Begin to use spoon and fork
- Drink from cup independently
- Take off socks and shoes (when laces are undone)
- Put arms through sleeve and legs through pants legs
- Try to wash face and hands
- Help put toys away

You can also expect them to be able to:

- Walk well
- Walk upstairs holding an adult's hand



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## Between two and three years old

### Your child can typically...

- Try to kick a ball
- Run short distances
- Jump with both feet leaving the floor at the same time
- Hold a pencil by using thumb and first two fingers
- String small items such as beads, pasta onto a string
- Enjoy messy play and mark making
- Manage large buttons
- Look at a book independently
- Develop a dominant hand

### Self help skills (skills that help children become more independent) will include...

- Potty Training begins - ([link to further information](#))
- Feed self-simple meals using a knife and fork
- Can wipe face with a cloth and brush teeth with support



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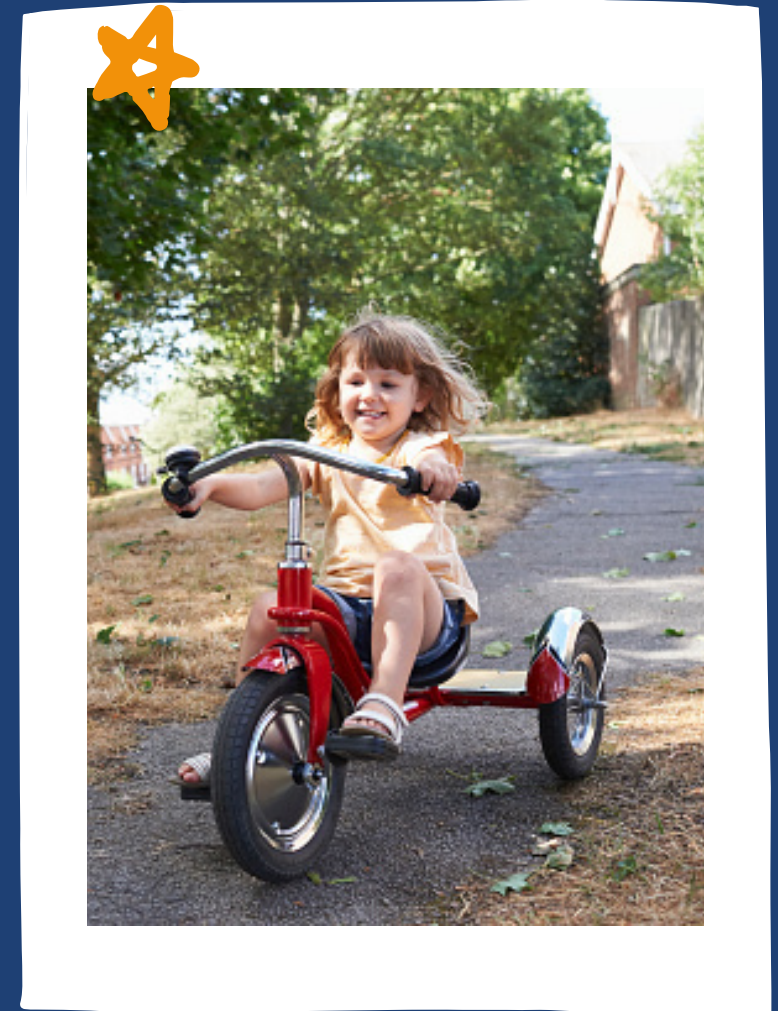
## By three years old

### Your child can typically...

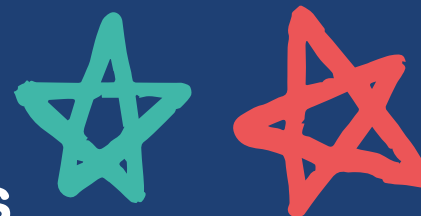
- Walk on tip toes when shown
- Walks upstairs with alternate feet, still puts both feet on each step when coming down
- Catches a large ball
- Pedals a tricycle
- Climbs walls
- Use the non-dominant hand to assist and steady objects.

### Self help skills (skills that help children become more independent) will include...

- Dress by themselves (will need help with using zips and buttons).
- Put on shoes (it's helpful to avoid laces)
- Use the toilet independently although may still need support



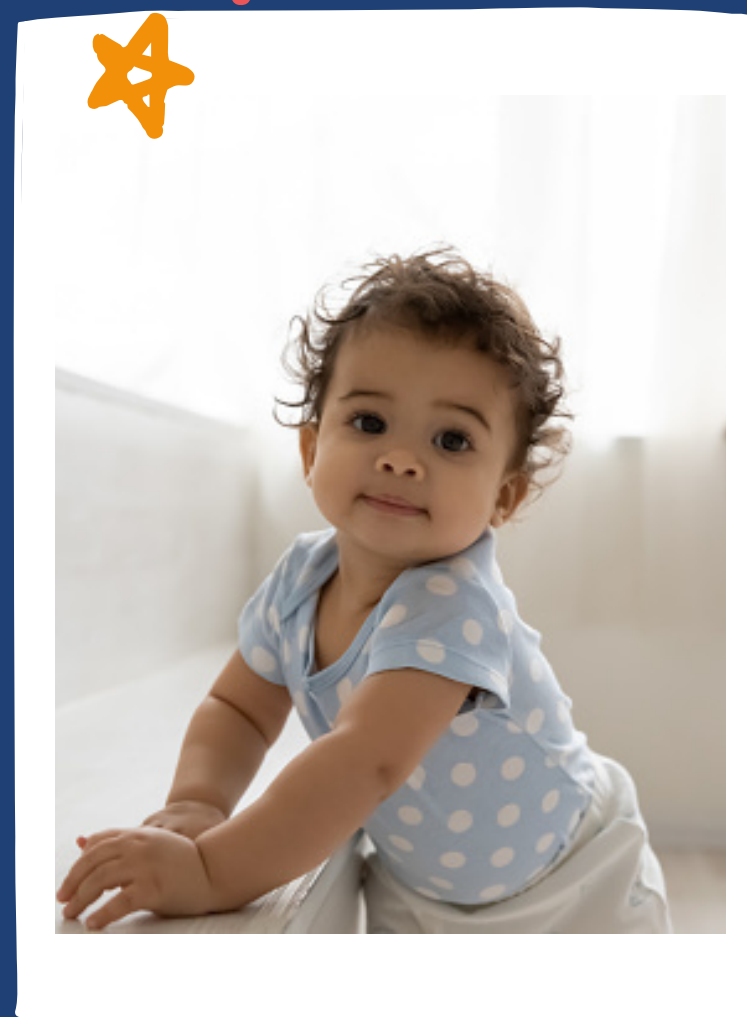
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## References and further support:

- **Children's Minnesota:**  
<https://www.childrensmn.org/educationmaterials/childrensmn/article/15317/developmental-milestones-12-to-18-months-/>
- **Welsh Active Early Years webpage:**  
<https://www.earlyyears.wales/en/welsh-active-early-years>



Email us for further support:  
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