



KJARTAN D. ARMANN, M.D.
Infant, Child and Adolescent Medicine

2516 Samaritan Dr. Suite J
SanJose, CA 95124
Phone: (408) 356-0678
Fax (408) 356-3986
www.kjkidmd.com

Normal Development: 2 to 3 Years

PHYSICAL DEVELOPMENT

- is constantly in motion
- tires easily
- runs and climbs
- walks up and down stairs alone
- begins to tiptoe
- builds a tower of 3 to 5 blocks
- progresses from random scribbling to somewhat more controlled movements
- begins to button and unbutton large buttons
- develops greater independence in toileting needs (still needs some assistance)
- has difficulty settling down for bedtime

EMOTIONAL DEVELOPMENT

- is in the "terrible twos"—easily gets upset and impatient
- shows anger by crying or striking out
- becomes frustrated when not understood
- wants own way
- asserts self by saying "no" to everything
- reverts to baby behavior at times
- gets upset when daily routine changes
- shows sharp mood changes

SOCIAL DEVELOPMENT

- imitates with considerable realism
- becomes more interested in brothers and sisters
- knows gender
- may have an imaginary playmate
- enjoys playing among, not with, other children
- does not share
- claims everything is "mine"
- may scratch, hit, bite, and push other children



KJARTAN D. ARMANN, M.D.
Infant, Child and Adolescent Medicine

2516 Samaritan Dr. Suite J
SanJose, CA 95124
Phone: (408) 356-0678
Fax (408) 356-3986
www.kjkidmd.com

MENTAL DEVELOPMENT

- dramatically increases interest in language
- shows frustration if not understood
- uses child grammar
- uses three- to five-word phrases by end of second year
- understands more words than can speak
- is in the "do-it-myself" stage
- cannot be reasoned with much of the time
- cannot choose between alternatives

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child's development. While certain attitudes, behaviors, and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each age is normal. Consequently, these guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. Keep this in mind as you review these milestones. If you have any concerns related to your child's own pattern of development, check with your pediatrician or family physician.