

# 2-3 Years Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if a child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
<b>Play and Social Skills</b>		
Is able to participate in small groups with other children		
Is interested, aware, and able to maintain eye contact with others		
Turns head in response to name being called		
Explores varied environments such as a new playground		
Enjoys swinging on playground swings		
Is able to play in social situations after a transition time		
Enjoys swinging, being thrown in air, and roughhousing		
Enjoys playing with a variety of toys and textures		
Is able to locate objects of interest		
Is able to locate objects you are pointing to		
Enjoys playing with musical toys		
Enjoys playing with new toys in varied ways		
Usually plays with toys without mouthing them		
Enjoys sitting to listen or look at book		
Is able to participate in messy activities that result in dirty hands		
<b>Coordination</b>		
Enjoys and seeks out various ways to move and play		
Has adequate endurance and strength to play with peers		
Uses hands to help move from one position to another		
Coordinates movements needed to play and explore		
Usually walks with heel toe pattern and not primarily on toes		
Can maintain balance to catch ball or when gently bumped by peers		
Is able to walk and maintain balance over uneven surfaces		
Walks through a new room without bumping into objects and people		

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	Yes	No
<b>Coordination continued...</b>		
Only leans on furniture, walls or people and sits slumped over when tired		
Is able to throw and attempt to catch ball without losing balance		
Coordinates both hands to play, such as swinging a bat or opening a container		
Uses both hands equally to play and explore toys		
Coordinates hand and finger movements needed to participate in table top games and activities		
<b>Daily Activities</b>		
Enjoys bath time		
Is able to self calm in car rides when not tired or hungry		
Tolerates diaper changes without crying		
Is not fearful of tipping head back		
Is able to use fingertips to pick up small objects, such as small pieces of food		
Eats an increasing variety of food		
Has an established sleep schedule		
Is usually able to self calm to fall asleep		
Is able to tolerate and wear new and varied textures of clothes		
Is able to take appropriate bites of food, does not always stuff mouth		
Is aware of sensations such as a wet diaper or underpants		
Is able to tolerate and stay calm during haircuts		
Is able to adapt to changes in routine		

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	Yes	No
<b>Self-Expression</b>		
Is generally happy when not hungry or tired		
Is able to calm with experiences such as rocking, touch, and soothing sounds		
Has grown accustomed to everyday sounds and is usually not startled by them		
Has an established and reliable sleeping schedule		
Does not require an excessive routine to calm		
Is able to enjoy a wide variety of touch, noise, and smells		
Cries and notices when hurt		
Is able to self soothe when upset		
Enjoys various textures, such as grass or sand, after multiple exposures		
Is able to transition to new environment or activity		
Is able to be away from parents when with supportive and familiar people		
Enjoys playing near peers		
<b>Total (out of 49)</b>		