



GCAPP PARENT TOOLKIT:

Your Toddler's Development: 24-30 Months

Toddlers grow and change quickly between 24 and 30 months. During this stage, your child is learning to walk, talk, play, and explore the world around them. Every child develops at their own pace, but there are key skills you can expect to see and support.

This guide highlights what your toddler may be doing at this age and practical ways you can help them continue to grow. By engaging in everyday activities, offering guidance, and celebrating small successes, you help your child build confidence, independence, and essential skills for the years ahead.

■ Child Actions

■ Parents Action

Physical / Motor Development



- Walks, runs, climbs, and begins jumping with both feet
- Kicks balls and throws light objects
- Starts using stairs with alternating feet
- Uses hands for feeding, dressing, and stacking blocks

- Provide safe spaces for climbing and running (indoor/outdoor)
- Play ball games together rolling, kicking, or throwing
- Practice stair climbing with hand support
- Give opportunities for self-feeding and dressing, letting them try first

Language / Communication



- Uses 50+ words and starts forming 2-3 word sentences
- Understands simple two-step instructions
- Begins asking "what" and "where" questions
- Enjoys songs, stories, and word repetition

- Talk with your child constantly narrate daily activities
- Read books together and ask questions about pictures
- Repeat words and phrases, expanding on what they say
- Encourage storytelling with toys or pretend play

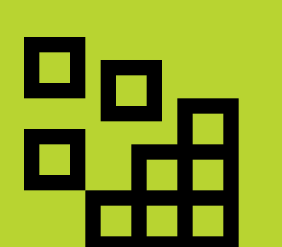
Social / Emotional Development



- Shows independence ("no" and "mine")
- Plays alongside other children and may start simple interactions
- Shows affection for familiar people
- Experiences strong emotions and may have tantrums

- Offer choices to foster independence ("red cup or blue cup?")
- Supervise playdates and guide sharing and turn-taking
- Label feelings and teach calming techniques ("I see you're upset, let's take deep breaths")
- Provide comfort while also encouraging coping skills

Cognitive / Problem-Solving



- Begins pretend play (feeding a doll, driving a toy car)
- Sorts shapes and colors, completes simple puzzles
- Understands cause-and-effect relationships
- Experiments with trial-and-error

- Provide puzzles, stacking toys, and objects to sort by shape or color
- Engage in pretend play with them, modeling scenarios
- Ask questions that encourage thinking ("What happens if we push this block?")
- Encourage exploration safely, allowing problem-solving and experimentation

SOURCE:

Nebraska Department of Education –
"Developmental Milestones 25-30
Months"

- <https://edn.ne.gov/cms/developmental-milestones-25-through-30-months>

Pathways.org – "24-30 Months / Today"

- <https://pathways.org/today?ageRange=24%E2%80%9330+Months>

Centers for Disease Control and
Prevention (CDC) – Developmental
Milestones

- https://www.cdc.gov/act-early/milestones/?CDC_AAref_Val=https://www.cdc.gov/ncbddd/actearly/milestones/index.html

American Academy of Pediatrics (AAP)
/ HealthyChildren.org

- <https://www.healthychildren.org>



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