

Gross motor skills: 2 years

Skills to expect

- Jumps off of the bottom step
- Kicks a ball (2 to 3 years)
- Jumps off of the floor
- Begins to run
- Stands on a balance beam



Examples of expected skills

How to help

- Practice jumping forward using spots on the floor.
- Practice jumping off a bottom step or a curb while holding your hand.
- Practice kicking a ball, start by showing them how.
- Practice walking across a balance beam or curbs in a parking lot.
- Encourage your child to explore their environment in a safe way.
- Take your child to the playground and practice going up and down stairs. Let your child think about how to use their muscles and balance in different situations.

Helpful toys to use



Large balls



Toddler gym



Playground equipment



Balance beam

Rehabilitation Services and NEST Clinic

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These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.