

Arturo Quintanilla, MD
Board Certified Pediatrician

Post-graduate training:

Maimonides Children's Center/State University of New York Downstate Medical Center
Miller Children's Hospital-Long Beach Memorial Medical Center/University of California-Irvine

35-900 Bob Hope Dr, Suite 140, Rancho Mirage, CA 92270
Tel (760) 770-0000 / Fax (760) 770-2727

• **DEVELOPMENTAL MILESTONES: 2 - 3 Years.**

Gross motor:

- Climbs well
- Runs easily
- Walks up and down stairs, alternating feet.
- Kicks ball
- Pedals tricycle

Fine motor:

- Makes vertical, horizontal and circular strokes using a crayon
- Turns books pages one at a time
- Builds tower of 6 blocks or more
- Holds a pencil in writing position
- Turns rotating handles
- Screws and unscrews jar lids

Social:

- Imitates adults and playmates
- Spontaneous affection for familiar playmates
- Takes turn in games
- Make-believe games with dolls, animals and people.

Cognitive:

- Completes puzzles with 3 or 4 pieces
- Understands concept of "two", "mine" and "his/hers".
- Matches objects in hands to a picture in a book
- Makes mechanical toys work
- Recognizes and identifies almost all common objects and pictures.

Language:

- Understands most sentences
- Uses four to five word sentences
- Knows name, age and sex.
- Uses pronouns: I, you, me, they and others.
- Strangers understand most of his words

Appropriate toys and activities for this age:

- Story books and books and magazines with large pictures and/or babies.
- Blocks
- Digging toys, such as bucket, shovel and rake.
- Plays with cars, trucks and trains.
- Dolls of all sizes
- Bath toys (boats, containers, floating squeak toys)
- Balls of all shapes and sizes (not small enough to fit in the mouth)
- Push and pull toys
- Outdoor toys: slides, swings and sandbox.
- Stuffed animals
- Child keyboard and other musical instruments.
- Large crayons
- Toy phone
- Toys that encourage make-believe play: child lawn mower, brooms, kitchen sets.
- Simple shape sorters and pegboards
- Tricycle