Chapter 7

Toddlerhood

Toddlerhood

Characteristics

- 1–3 years of age
- Growth rate: slow and steady
- Improved fine and gross motor skills
- Language development
- Developing independence or autonomy

Physical Characteristics of the Toddler

- Height and weight
- Body proportions
- Face and teeth
- Bone development
- Sensory development
- Vital Signs
- Temperature
- Pulse
- Respirations
- Blood pressure
- Developmental Milestones
- Motor development
- Gross motor skills
  - Fine motor skills
  - Toilet training

- Psychosocial Development
- Erikson: developing autonomy
  - Toileting
  - Dressing
- Feeding
  - Making choices
- Discipline
- Be consistent
- Reinforce limits
- Give time outs
- Eliminate temptations
- Offer praise and positive reinforcement
- Minimize negativistic behavior
- Psychosocial Concerns
- Separation anxiety
  - Be honest
  - Reinforce when you will return
  - Use familiar time references
- Sibling rivalry
  - Sharing time, attention, and affection difficult
- Regression at times of stress
- Birth of a new baby
- Following illness

- Cognitive and Moral Development
- Cognitive development
  - Piaget: preoperational thought
  - Object permanence develops
- Moral development
  - Learning right from wrong
  - Learning socially acceptable behaviors

- Communication
- Language automatic and spontaneous
Based on symbolic function and memory

- 2-year-old
  - Uses words to represent actions or needs: “Up”
  - 50 word vocabulary

- 3-year-old
  - Uses short three-word sentences: “Give to me”
  - 1,000 word vocabulary

Nutrition

- Teach good eating patterns
- Offer appropriate amounts of food categories
- Avoid junk foods
- Offer hand-held foods
- Ritualistic food preferences are common
- Meals should be family time
- Teach simple table manners
- Sleep and Rest
- Establish bedtime rituals
- Sleep problems related to
  - Nightmares
  - Inconsistent routines
  - Illness
  - Fear of separation
  - Physical exhaustion
- Play
- Play mimics adult activities
- Symbolic play
- Parallel play
- Play helps
  - Ego development
  - Cognition
  - Socialization
- Safety
- Accident prevention
- Common accidents for toddlers
- Health Promotion
- Good health practices
- Use of health services
- Early diagnosis and treatment
- Regular immunizations

- Chapter Challenge
- Name three developmental skills the toddler can master independently
- List a method of teaching discipline to the toddler
- Describe the common type of play for the toddler