

- 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