



Growth and development: Toddlers 1 to 2 years old

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During this period of growth, your child will begin to develop his own personality. Temper tantrums are very common in babies 1 to 2 years old as they begin the stage known as the “terrible twos”. To avoid temper tantrums, try to give your toddler choices so that she can make decisions. When a toddler feels that she is in control, she is less likely to have tantrums.

During this age, discipline should focus on setting limits that will help to keep your toddler safe.

Toddlers are very curious and do not understand the concept of safety. When your toddler does something that is against your wishes, explain to him why he cannot do that activity and direct him to a different, safe activity.

You can help your toddler grow and develop certain skills, even at such a young age, but let your toddler set the pace.

Developmental milestones



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Motor

- Will walk, sometimes run.
- Climbs.
- Claps hands and waves goodbye.

Language

- Talks using single words.
- Can follow simple instructions.
- Talks to himself/herself.

Cognitive

- Sorts by colors and shapes.
- Plays with puzzles.
- Likes to stack toys.

Social/Emotional

- Begins to develop a social smile.
- Prefers soft sensations.
- Enjoys peek-a-boo games.

What parents can do to encourage growth and development

- Continue cuddling, smiling and talking to your child and exchange hugs and kisses often.
- Get down on the floor and play with your toddler.
- Give your toddler a few specific choices. This will help him learn to make decisions and cause less tantrums.
- Instead of saying no to your child, direct her to another activity and explain to the child why what she was doing was wrong.
- Reduce your child's stress by establishing daily routines and rituals.
- Encourage your child to learn through safe exploration and play.
- Share language with your child by talking, reading and singing.
- Toddlers at this age are physically not ready to potty train.
- Establish daily routines with your child.
- Focus discipline on setting limits that will help to keep your toddler safe. When your child is trying to play with a dangerous object, take the object away and explain why she cannot touch it. Redirect the child attention to a safe toy.
- Routinely see a pediatrician for immunizations and to ensure the health and wellness of your child.

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