

Growth and development - toddlers: 1 to 2 years old

Toddlers – 1 to 2 years old

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

| <u>Motor</u> | <u>Language</u> | <u>Cognitive</u> | <u>Social/Emotional</u> |
|----------------------------------|-----------------------------------|-------------------------------|-------------------------------------|
| ♥ Will walk, sometimes run. | ♥ Talks using single words. | ♥ Sorts by colors and shapes. | ♥ Begins to develop a social smile. |
| ♥ Climbs. | ♥ Can follow simple instructions. | ♥ Plays with puzzles. | ♥ Prefers soft sensations. |
| ♥ Claps hands and waves goodbye. | ♥ Talks to himself / herself. | ♥ Likes to stack toys. | ♥ 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 to help him learn to make decisions and cause less tantrums.
- ♥ Instead of saying no to your child, direct her to another activity.
- ♥ Reduce your child's stress by establishing daily routines and rituals.
- ♥ Encourage your child to learn through safe exploring and play.



- ♥ Share language with your child by talking, reading and singing.
- ♥ Toddlers at this age are physically not ready to potty train.
- ♥ If your child is trying to play with a dangerous object, take the object away and explain why she cannot touch it. Redirect the child to a safe toy.
- ♥ Routinely see a pediatrician for immunizations and to ensure the health and wellness of your child.