

# Growth and development - toddlers: 2 to 3 years old

## Toddlers 2 to 3 years old

As children enter the stage known as the “terrible twos”, it is important to remember that this is a time when a child is becoming more independent and is trying to learn new skills.

Tantrums develop because a child becomes frustrated when he is unable to make his own decisions and cannot do the things he wants to do. **During this age, discipline should focus on setting limits that will help to keep a toddler safe.**



Toddlers do not test your patience or make you mad on purpose. They are curious about their environment and want to touch everything.

Toddlers will also have a tendency to do activities you told them not to. This is due to their short memory and attention span. Parents need to repeat words several times before toddlers will understand that what they are doing is not okay.

*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>
♥ Walks, runs and climbs.	♥ Uses short sentences.	♥ Matches objects.	♥ Imitates adult activities.
♥ Likes to go up and down stairs.	♥ Follows simple instructions.	♥ Likes make-believe play.	♥ Does not understand concept of sharing.
♥ Rides tricycle.	♥ Recognizes common objects.	♥ Fascinated with cause and effect.	♥ Expresses a wide range of emotions.

## 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.
- ♥ Teach your child numbers by counting objects.
- ♥ Encourage language skills by asking your child to describe objects that you see.
- ♥ Set a good example because your child will enjoy imitating your activities.
- ♥ Answer all your child's questions. At this stage, your child will continue to ask “why” to everything because she is curious about the world around her.
- ♥ When your child misbehaves, try a time out. Direct your child to sit alone in a quiet place. a reasonable guideline for a time out is one minute for each year of age.
- ♥ Routinely see a pediatrician for immunizations and to ensure the health and wellness of your child.

