

# Toddlerhood

# Physical Characteristics

- The toddler grows an average of 3 in per year
- The average height at 2 years is 34 in
- The toddler gains 4 to 6 lb per year
- By 2 the average toddler weighs 27 lb
- By 3 years, 32 lb

# Body Proportions

- Extremities grow much faster than the trunk
- Large belly and exaggerated lumbar curve , known as lordosis
- By the end of the third year child is taller and more slender
- Stronger abdominal muscles and a more erect posture

# Face and Teeth

- The face and jaw increase in size to permit more room for more teeth
- At 2 ½ years – 20 teeth
- Time for preliminary dental examination
- Toddlers brush own teeth

# Topic Three

- Details about this topic
- Supporting information and examples
- How it relates to your audience

# Bone Development

- Cartilage is being replaced with bone tissue (ossification)
- By 18 months the anterior fontanel is closed
- Other bones remain soft and pliable
- Greenstick fractures occur

# Sensory Development

- Toddler's vision may be 20/40
- Some children may have “lazy eye” or amblyopia
- Crossing of the eyes, strabismus, may occur

# Sensory Development

- Hearing is fully developed
- Periodic hearing tests may detect changes from the norm
- Frequent monitoring should be accomplished in a child with delayed speech or who has repeated ENT infections

# Motor Development

- Motivation behind development is in the child's search for independence
- Gross motor skills – walking by 1<sup>st</sup> birthday
- 15 months – walking alone without assistance, limited balance and creeping upstairs

# Motor Development

- 18 months – walk up stairs with both feet and sit down on a chair
- 18 month – falls frequently when running
- 2 year old can also run with a wide stance, and kick a ball without losing balance and falling, walk down stairs with assistance and jump in place with both feet
- The 3 year old – can hop, stand on one foot, and walk a few steps tiptoe

# Fine Motor Skills

- 15 months – grasp a spoon and insert into dish
- At the end of 2<sup>nd</sup> year can remove all clothing and will attempt to put back on
- Can wash themselves, mainly face and stomach
- 3 year old hold crayon with finger and can control drawing in vertical and circular strokes

# Toilet Training

- More important to parents than child
- Depends on maturity of sphincter control and maturing sensory centers of the brain
- Toddlers must have communication system to alert parents of their need

# Toilet Training

- Learn bowel control before bladder control
- Daytime dryness before nighttime dryness
- 3 ½ years old usually bladder controlled
- Accidents should be handled with matter-of-fact manner without punishment to help build the child's self-esteem

# Autonomy

- Independence major psychosocial task
- Mastering in toileting, dressing, feeding and taking care of their belongings
- Simple decisions fosters sense of independence
- Freedom of choice leads to conflict with parents
- See box 7-1

# Discipline

- Direct “No” followed by some diversion will help lay the foundation for learning impulse control
- Should guide, correct, strengthen, and improve child’s choices
- May trigger temper tantrums

# Discipline

- Because of limited vocabulary they may be expressing their feelings by kicking, screaming and holding their breath
- Tantrums common between 2 and 3
- Parents should place less emphasis on minor issues and allow the child to make some choices

# Discipline

- If tantrum occurs ensure child's safety and limit onlookers
- Time-out can be used to have child regain control
- Following time-out parent and child should talk about events that lead up to problem
- When child not in danger parent should ignore attention-seeking behavior
- Parents should use praise and positive reinforcement
- See box 7-2

# Special Psychosocial Concerns

- Separation anxiety: parents should be honest with child about leaving and when will return and use comfort items to decrease anxiety
- Sibling rivalry – birth of another child may create feeling of jealousy and insecurity and may lead to angry outburst or regressive behavior

# Cognitive Development

- With preoperational thought problem solving abilities are limited (garbage can – throw everything in)
- Time of imitating behaviors seen
- May fear unfamiliar things and strangers
- Experiment by trying new ideas or actions
- Object permanence – understanding that things do not disappear if they can not be seen
- Egocentric view of the world

# Moral Development

- Parents begin to teach right from wrong
- Parents need to set good examples
- Repeated instructions and consistency reinforce moral decisions
- All caregivers must work together as a team

# Communication

- Language skills enhanced with practice
- Children understand what is said to them before they are able to put their thoughts into words
- “Why” word learned uses it to challenge adults

# Communication

- 2 ½ to 3 begins to use 3 word sentences
- Everything becomes “mine”
- Vocabulary age 2 – 50 words, by 3 – 1000 words
- Bilingualism possible for the child if both languages used in the home

# Nutrition

- Eating habits learned at this stage will be lifelong
- Family members must model good eating practices
- Toddlers need foods that help muscle development and mineralization of the bones
- Limit milk to 1 quart per day

# Nutrition

- 1300 calories per day
- Snacks should be nutritious
- Most toddlers prefer plain food to mixtures
- Favorites include: hand held sandwiches, bit size pieces of meat, pizza, pasta and fruits

# Nutrition

- Ritualistic behavior – same cup or plate
- Need consistency and routines at mealtimes
- Meals are times of family socialization
- Simple choices lead to autonomy in self feeding
- Sometimes refusal to eat is an attention seeking behavior

# Sleep and Rest

- Toddlers sleep less than infants and often resist sleep
- Bedtime should include a ritual
- After a bad dream child needs to be comforted in their room

# Play

- Major means by which continue to explore and understand the world around them
- 2 yr old – symbolic play is building a city or a castle with blocks
- Benefit to playing with children of the same age group
- Prefer parallel play – play alongside without interaction
- Develop imaginary playmates

# Safety

- Prone to accidents because exploring
- Most accidents are preventable
- Toddler requires constant supervision
- Motor vehicle accidents, poisoning, choking, burns and drowning top the list of accidents

# Health Promotion

- Visits to the healthcare provider should be scheduled when the child is 18, 24 and 36 months
- Toddlers should receive the measles, mumps and rubella vaccine at 12 to 15 months of age
- Healthcare workers should be alert to signs of maltreatment or abuse

# Vital Signs

- Temperature more stable than the infant
- Normal range 98 F to 99 F
- Toddler pulse between 90 – 120 BPM
- Respirations 20-30 breaths per minute
- BP 99/64 mm Hg

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