**PHYSICAL DEVELOPMENT OF A TODDLER**

**STUDY GUIDE**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period:\_\_\_\_\_\_**

**Age of a Toddler**

1. Newborns: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. Infants: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
3. Toddlers: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Walking**

1. Shows the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* of the toddler stage.
2. Generally walk and run with their *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* than an adult.
3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* while going downstairs is a challenge for them.
4. They are *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and want to be *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
5. Create a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* for them to explore in.

**Development of Motor Skills**

1. Growth tends to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* as the child *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, but there is *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* in the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. Tricycles and Big Wheels will encourage *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. Puzzles and coloring encourage *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.

**Suggested Toys**

1. Can build with *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. Struggle to use *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. Toys should not have any *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.

**Self-Help Skills**

1. Tasks that the child can do *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   1. Simple *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* foods
3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   1. Snaps, zippers and buttons are *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, slip-on shirts
4. If the child is *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* to do it or *\_\_\_\_\_\_\_\_\_\_\_\_* attempt it, the caregiver should *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and not be so concerned with the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
5. The *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* is more important than the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.

**Nutrition**

1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* is the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* for healthy child development.
2. A child’s nutrition affects the health, *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, and function of their *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* – brain, *\_\_\_\_\_\_\_\_\_\_*, eyes, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. What a child *\_\_\_\_\_\_\_\_* will have a big influence on their *\_\_\_\_\_\_\_\_\_\_\_\_*, behavior, *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, and emotions.

**Proper Nutrition**

1. Follow the guidelines set forth by the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. Because a toddler’s growth is *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, they will *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* than they did in their *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. Due to their *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and frequent need for *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,* it is best to feed them *\_\_\_\_\_*small meals, which include snacks, every *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*
4. Give *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*/portions.
5. Use their *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* as a guide for the serving size portion.
6. Help children to enjoy *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
7. Provide foods rich in necessary *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* that are *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
8. Limit *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, sweet and *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* foods.
9. Use *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* foods cautiously.
10. Packaged foods are high in *\_\_\_\_\_\_\_\_\_\_\_*, fat, *\_\_\_\_\_\_\_\_\_\_\_\_\_*, preservatives, artificial *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and flavors.
11. If it comes in a bright package or with a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, it usually is *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* choice to eat.
12. Adequate amount of *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
    1. Mostly *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
    2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* fruit juice
    3. Low-fat *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Toilet Training**

1. Begins when the child is *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* ready.
2. Treat accidents matter of fact so there is *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and doubt.
3. If the child fights toilet training or is *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* still after a few weeks, stop and wait about *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* the training again.