

Growth and Development of the Toddler



15 MONTHS

PHYSICAL OR BIOLOGIC	GROSS MOTOR	FINE MOTOR
<ul style="list-style-type: none">•Legs appear bowed.	<ul style="list-style-type: none">•Assumes standing position without help.•Walks without support at 13 months, wide-based gait.•Loses balance when walking around corners or stopping suddenly.•Kneels without support.•Creeps up stairs.•Throws small objects repeatedly and picks them up again, but may fall.•Cannot throw ball without falling.	<ul style="list-style-type: none">•Builds a tower of 2-3 cubes.•Opens boxes.•Pokes finger in hole.•Scribbles spontaneously.•Makes line with crayon.•Pats pictures in books and begins to turn pages.•Inserts pellet in narrow-necked bottle.

Walks without support, wide-based gait



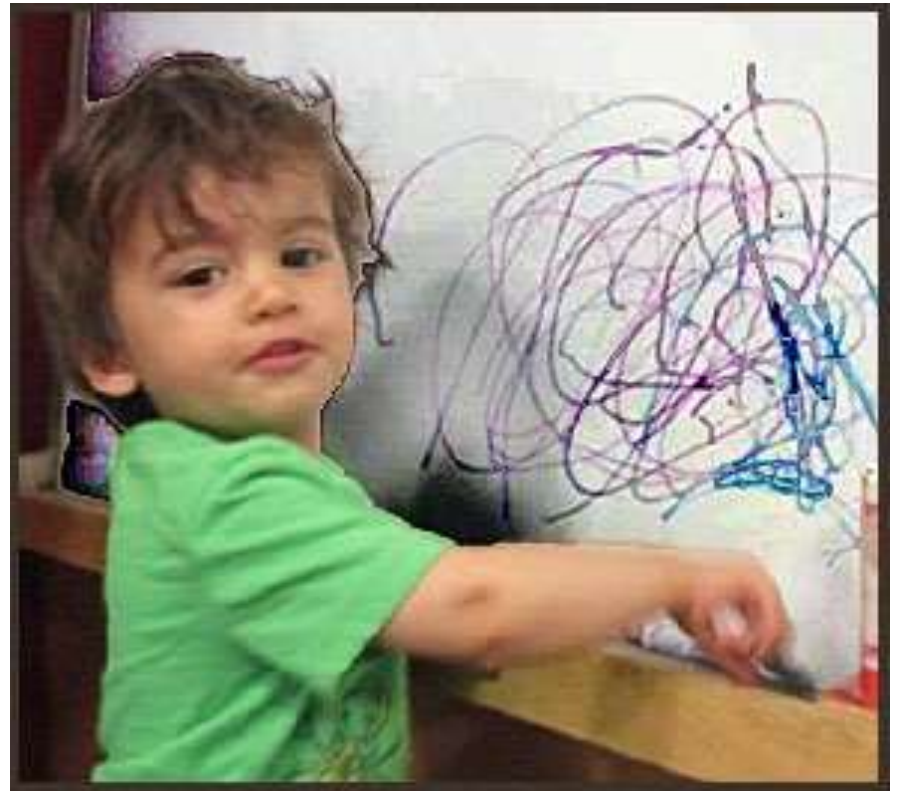
Creeps up stairs



Builds a tower of 2-3 cubes



Scribbles spontaneously



15 MONTHS

SELF - CARE

Feeding Skills:

- May give up bottle.
- Holds a cup with all fingers grasped about it. Is apt to tip the cup rather than head, causing some spilling.
- Grasps a spoon and inserts it into dish. Cannot fill the spoon well; **spoon is likely to be turned upside down before reaching mouth.** Assist child by feeding with a second spoon.
- Enjoys finger feeding.
- Leaves dish on tray when fed.

Dressing Skills:

- Sticks out arms and leg to help in dressing.
- Removes socks.

Toileting and Grooming Skills:

- Indicates when diaper is wet or soiled.

Spoon is likely to be turned upside down before reaching mouth



15 MONTHS

SENSORY

- Sound localization indicated by head movement in all planes.
- Binocular vision fully developed.
- Looks at pictures intently for prolonged periods of time.
- Can identify geometric forms and place round object into its appropriate place or hole.



PSYCHOSOCIAL

- **Autonomy Vs Shame and Doubt**
- Egocentric
- Separation anxiety: coping depends on primary caregiver's presence but can tolerate some separation.
- Coping decreased in unfamiliar environment.
- Less fearful of strangers.
- Paternal person increasingly significant.
- Hugs and kisses parents.
- Kisses pictures in book.
- Begins to imitate parents doing housekeeping chores (dusting, folding clothes)
- Very early temper tantrums.

PSYCHOSEXUAL

- **Anal stage (1-3 year)**

15 MONTHS

SPIRITUAL	INTELLECTUAL	MORAL
<ul style="list-style-type: none">• Intuitive – Projective faith	<ul style="list-style-type: none">• Sensorimotor stage (0 to 2 years)• Substage V: Tertiary Circular Reaction (12 to 18 months)	<ul style="list-style-type: none">• Preconventional morality Stage 0 (0 to 2 years) <p>The good is what I like and want!</p>

15 MONTHS

LANGUAGE, SPEECH DEVELOPMENT		PLAY STIMULATION
Receptive Language	Expressive Language	
<ul style="list-style-type: none">•Comprehends more than can communicate.•Recognizes names of various parts of body.•Responds to familiar, simple commands.	<ul style="list-style-type: none">•Continues use of expressive jargon.•True words included with jargon, possibly with gestures.•Says 2 to 6 words.•Names familiar pictures or objects, such as “ball.”•Vocalizes wants and points to desired object.•Shakes head to communicate “no.”•Communicates “no” even when following a request.	<ul style="list-style-type: none">•Walking becomes a form of play.•Carries a toy when walking.•Balls.•Stuffed animals.•Dolls.•Musical toys.•Picture books.•Stacking discs or blocks.

18 MONTHS (1 ½ YEARS)

PHYSICAL OR BIOLOGIC	GROSS MOTOR	FINE MOTOR
<ul style="list-style-type: none">•Anterior fontanel closed (may be closed as early as 12 months).•Abdomen protrudes.•Physiologic anorexia due to decreased growth.• Has sphincter control.	<ul style="list-style-type: none">•Walks with somewhat wide stance, but increasingly more like adult gait. Seldom falls.•Walks sideways and backward.•Walks upstairs with one hand held.•Runs swiftly, often falls.•Moves quickly from place to place. Jumping attempted using both feet. May fall in initial attempts, since the body is propelled forward.•Seats self in small chair.•Climbs on furniture.•Gets into everything: explores drawers, closets, and wastebaskets.•Pulls and pushes toy.•Pushes light furniture around room.•Throws ball overhand without falling.	<ul style="list-style-type: none">•Builds a tower of 3-4 cubes.•Scribbles vigorously.• Imitates a vertical stroke with crayon.•Turns pages in a book- two to three at a time.•Dumps pellet from bottle.•Puts block into hole.•Transfers objects hand to hand at will.

- **Walks upstairs with one hand held**



- **Climbs on furniture**



Explores drawers



Pulls and pushes toy



Builds a tower of 3-4 cubes



**Imitates a vertical stroke with
crayon**



18 MONTHS (1 ½ YEARS)

SELF - CARE

Feeding Skills:

- Holds a cup with both hands. Hands it to caregiver, puts it down, or drops it on floor.
- Finger feeds proficiently.
- Eats with spoon; turns spoon in mouth. Spills frequently.
- May play with food.
- Negativism and high activity level may interfere with eating.

Dressing Skills:

- Removes simple garments (mittens, shoes) and unzips garments.

Toileting and Grooming Skills:

- May complain when wet or soiled or give indication of need to toilet.
- Increased readiness for bowel and bladder control.
- Possible early control of bowel movements.
- May smear feces.



18 MONTHS (1 ½ YEARS)

SENSORY

- Can see better, thus has intense interest in pictures.
- Identifies various shapes.
- Convergence well established.
- Some depth perception.

PSYCHOSOCIAL

- **Autonomy Vs Shame and Doubt**
- Egocentric
- Autonomous behavior is increasing.
- Autonomy is tested with “no”
- Negativism and dawdling predominate.
- Begins to have temper tantrums if things go wrong.
- Has an awareness of strangers but may be less fearful of them.
- Seeks help from others when in trouble.
- Bedtime rituals begin.
- May resist sleep for sometime after being put to bed.
- Calls for primary caregiver.
- Thumb sucking may peak, especially before or during sleep for comfort.
- Kisses parent with pucker.
- Imitates parents’ behavior.
- Imitates parents’ domestic activities (sweeping, dusting).
- Beginning awareness of ownership, possessiveness begins.
- Awareness of gender identity begins.

PSYCHOSEXUAL

- **Anal stage (1-3 year)**



18 MONTHS (1 ½ YEARS)

SPIRITUAL	INTELLECTUAL	MORAL
<p>•Intuitive – Projective faith</p>	<p>•Sensorimotor stage (0 to 2 years) •Substage VI: Invention of New Means Through Mental Combinations (18 to 24months)</p>	<p>•Preconventional morality Stage 0 (0 to 2 years) The good is what I like and want!</p>

18 MONTHS (1 ½ YEARS)

LANGUAGE, SPEECH DEVELOPMENT		PLAY STIMULATION
Receptive Language	Expressive Language	
<ul style="list-style-type: none">•Identifies pictures of familiar objects when named.•Identifies one or more parts of body when named.	<p><i>Vocabulary</i></p> <ul style="list-style-type: none">•Speaks 10 real words (average) besides jargon.•Names pictures.•Uses words more than gestures to express desires.•One word used to communicate. <p><i>Sentence length</i></p> <ul style="list-style-type: none">•Uses phrases composed of adjectives and nouns.•About 25% of vocalizations are intelligible.	<ul style="list-style-type: none">•Enjoys solitary play or watching activities of others.•Has a favourite toy or transitional (security) object, such as a blanket. <p>MOTOR PLAY</p> <ul style="list-style-type: none">•Large, hollow wooden blocks.•Balls•Pull toys•Low swing with arms and back•Low slide•Rocking chair or horse•Low-wheeled toys to ride•Small chair and table•Running and chasing games•Hammer and pegboard <p style="text-align: right;">Contd....</p>

18 MONTHS (1 ½ YEARS)

PLAY STIMULATION

CREATIVE PLAY

- Containers with openings into which blocks of different shapes can be placed.
- Blocks, bowls, tumblers that nest
- Finger paints
- Clay
- Large crayons
- Bells around wrist or ankle.

QUIET PLAY

- Sand toys (shovel, pail)
- Stuffed animals and dolls to drag, sit upon, or hug.

DRAMATIC PLAY

- Imitates parental actions in play



24 MONTHS (2 YEARS)

PHYSICAL OR BIOLOGIC	GROSS MOTOR	FINE MOTOR
<ul style="list-style-type: none"> • Weight: Approximately 11.8 to 12.7 kg (26 to 28 lb); has gained 1.8 to 2.7 kg (4 to 6 lb) during second year. • Height: Approximately 82.5 to 85.0 cm (32.5 to 34 in); gained 10 to 12.5 (4 to 5 in) in second year. • Adult height is about twice height at 2 years of age. • Chest circumference: Exceeds head circumference. • Anterior posterior diameter less than lateral diameter. • Head circumference: 49 to 50 cm (19.6 to 20 in) • Pulse : 110 +_20 (average 100b/m) • Respirations: 26-28br/m • BP: 99/64+_26/24 mm of Hg. 	<ul style="list-style-type: none"> • More grown up, steady gait. • Can walk with heel-toe gait. • Walks backward well in imitation. • Runs more quickly in more controlled way; has fewer falls. • Walks up and down stairs, both feet on one step at a time, holding railing or the wall. • Jumps crudely with both feet in place. • Kicks large ball without falling. • Picks up object from floor without losing balance. 	<ul style="list-style-type: none"> • Builds a tower of 6-7 cubes. • Makes cubes into a train, one behind the other. • Scribbles in more controlled way than at 18 months. • Imitates a circular stroke. • Imitates a circular stroke. • Turns pages of book one at a time. • Opens door by turning door knob; may run away. • Unscrews lid of jar. • Folds paper once imitatively. • Is proud of accomplishment of motor skills.

Walks up and down stairs, both feet on one step at a time



Picks up object from floor without losing balance



Builds a tower of 6-7 cubes



Opens door by turning door knob



24 MONTHS (2 YEARS)

PHYSICAL OR BIOLOGIC	GROSS MOTOR	FINE MOTOR
<ul style="list-style-type: none">•<u>Reflexes</u>: Landau reflex completely disappeared.•<u>Dentition</u>: Approximately 16 temporary teeth.•Physiologic functioning, with the exception of reproductive and endocrine, is mature.•Abdomen protrudes less than at 18 months.•Probably ready for beginning day time control of bowel and bladder.		

24 MONTHS (2 YEARS)

SELF - CARE

Feeding Skills:

- Drinks well from a small glass held in one hand.
- Puts spoon into mouth occasionally with one hand, but without turning it. Spills moderately.
- Plays with food.
- Can use straw.
- Imitates eating habits of others.
- May request certain foods.



Dressing Skills:

- Pulls on own simple garments- coat, elastic pants (with help over hips), shoes (laces untied).
- Removes most of own clothing (hat, pants).

Toileting and Grooming Skills:

- Verbalizes toilet needs.
- Usually bowel-trained with occasional accidents.
- Usually urinates when taken to toilet.
- Toilet-trained in daytime generally.
- May still smear stool.
- May brush teeth with help.
- Attempts to wash self in tub or shower.



24 MONTHS (2 YEARS)

SENSORY	PSYCHOSOCIAL	PSYCHOSEXUAL
<ul style="list-style-type: none">• Visual acuity 20/40• Accommodation well developed.• Inserts square object into its appropriate place or hole.• may develop esotropia (strabismus).	<ul style="list-style-type: none">• Autonomy Vs Shame and Doubt• Egocentric in both thought and behavior.• Separation anxiety from primary caregiver is at height; fears parents leaving.• Beginning to show early signs of individuality and independence from primary caregiver.• Has great sense of “mine,” little of “yours”; possessive.• Cannot share possessions.• Behaves as though other children were physical objects.• May hug or push them out of way; would like to make friends; would like to make friends but does not know how.• Pulls other persons to show them something.• Does not readily ask for help.• Sleep resisted overtly; has many demands before bedtime.• Bedtime rituals continue• Upset by changes in routine.• Thumb sucking decreased.• Negativism and dawdling continue.; focuses on own wishes.• Violent temper tantrums decreasing.	<ul style="list-style-type: none">• Anal stage (1-3 year)

24 MONTHS (2 YEARS)

SPIRITUAL	INTELLECTUAL	MORAL
<p>•Intuitive – Projective faith</p>	<p>•Preoperational stage Preconceptual Phase (2 to 4 years)</p>	<p>•Preconventional morality Stage 1 (2 to 3 years) If punished for doing it, it's wrong; if not punished, it must be right.</p>

24 MONTHS (2 YEARS)

LANGUAGE, SPEECH DEVELOPMENT		PLAY STIMULATION
Receptive Language	Expressive Language	
<ul style="list-style-type: none"> • Understands more complex sentences. • Obeys 1 directional preposition (“on” or “under”) and 2 commands (Picks up your coat and put it on the chair”). • Enjoys stories with pictures. • Identifies four body parts when named. 	<p>Vocabulary</p> <ul style="list-style-type: none"> • No longer uses jargon. • Knows about 300 words. • Refers to self by first name; gives first name. • Uses pronouns “I,” “me,” “mine.” • Tries out new powers of speech. Asks “What’s (who’s) that?” • Tells about immediate experiences; engages in monologue constantly. • Identifies familiar objects. • Verbalizes need for drink, food, or toileting. • May use the word “now” meaningfully. <p>Sentence length</p> <ul style="list-style-type: none"> • Two to three words (subject, verb, object). • About 66% of vocalizations are intelligible. 	<ul style="list-style-type: none"> • Enjoys parallel- little social interaction with other children even though their activity is the same. Interaction that does occur may consist of watching and imitating each other’s activities. • Beginning to learn to replace toys in their proper place. • Dawdles frequently. <p>MOTOR PLAY</p> <ul style="list-style-type: none"> • Pulls wagon • Places beads in box and dumps them. <p style="text-align: right;">Contd....</p>

24 MONTHS (2 YEARS)

PLAY STIMULATION

CREATIVE PLAY

- Manipulates play materials such as clay and Play-Doh
- Finger paints
- Brush paints
- Large crayons
- Record player and records
- Sings songs
- Large puzzles
- Toys to take apart



QUIET PLAY

- Enjoys hearing stories illustrated with pictures.
- Takes a favorite toy to bed.

DRAMATIC PLAY

- Mimics domestic activities of parents (domestic mimicry).
- Enjoys playing with dolls.



30 MONTHS

PHYSICAL OR BIOLOGIC

- **Weight:** Gains about 5 kg between 11 and 3 years; birth weight quadrupled by 2 1/2 years.
- **Height:** Grows about 6-8cm (2.4 – 3.2 in) during third year.
- **Dentition:** Full set of 20 temporary (deciduous) teeth.
- Day time bowel and bladder control possibly established.

GROSS MOTOR

- **Stands on one foot alone momentarily.**
- Walks on tiptoe for few steps upon request.
- Walks up and down stairs, one foot on a step, alternating feet.
- Jumps well in place with both feet off floor.
- Jumps from step or low chair.
- **Can throw a large ball overhand 4 to 5 feet.**
- **Rides a walker or pedal car.**



FINE MOTOR

- **Builds a tower of 8 cubes.**
- Adds chimney to train of cubes.
- Makes vertical and horizontal strokes but may or may not join them to make a cross.
- **Imitates a circular stroke-forms closed figure.**
- Holds crayon with fingers instead of entire hand.
- Good hand-finger coordination; moves fingers.

Stands on one foot alone momentarily



Can throw a large ball overhand



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Builds a tower of 8 cubes



Imitates a circular stroke- forms closed figure



30 MONTHS

SELF - CARE

Feeding Skills:

- Self- feeding with occasional spilling.
- Pours from pitcher; often spills.
- Gets a drink without assistance.
- Distinguishes between finger and spoon food.
- Chews with mouth closed.
- Uses fork, but it is held in fist.

Dressing Skills:

- Puts arms through large armhole.
- Buttons one large front button.
- Unbuttons large front buttons.
- Helps put things away.

Toileting and Grooming Skills:

- Usually has mastered daytime bladder control.
- Beginning night time bladder control.
- “Accidents” common.
- May go to toilet by self.** Needs assistance with wiping.
- Adequate attempt to wash hands. Partially dries hands, upon reminder.



30 MONTHS

SENSORY	PSYCHOSOCIAL	PSYCHOSEXUAL
<ul style="list-style-type: none">• Visual acuity 20/30• Convergence smooth• Recalls visual images	<ul style="list-style-type: none">• Autonomy Vs Shame and Doubt• Egocentrism still present in behavior, thought, and play.• Beginning to learn to cope with separation anxiety.• Independent behavior increases.• Achieves some self-control based on self-esteem rather than fear.• Ritualistic behavior peaks.• Reluctant to go to bed.• Negativism and dawdling continue.• Temper tantrums may or may not decrease.• Imitates sex-role behavior of adults.• Knows own sex.	<ul style="list-style-type: none">• Anal stage (1-3 year)

30 MONTHS

SPIRITUAL

•Intuitive – Projective faith

INTELLECTUAL

•Preoperational stage
Preconceptual Phase (2 to 4 years)

MORAL

•Preconventional morality
Stage 1 (2 to 3 years)
If punished for doing it, it's wrong; if not punished, it must be right.

30 MONTHS

LANGUAGE, SPEECH DEVELOPMENT		PLAY STIMULATION
Receptive Language	Expressive Language	
<ul style="list-style-type: none">•Identifies five body parts when named.	<p>Vocabulary</p> <ul style="list-style-type: none">•Gives full (first and last) name if asked.•Uses appropriate pronoun when referring to self- “I”•Uses plurals and past tense of verbs.•Talks constantly.•Asks “Why?” <p>Sentence length</p> <ul style="list-style-type: none">•Uses 4-5 word sentences.•About 75 % of vocalizations are intelligible.	<ul style="list-style-type: none">•Parallel play continues.•Helps put things away.•Pretends in play. <p>MOTOR PLAY</p> <ul style="list-style-type: none">•Pushes and steers toys well.•Large cars, trucks.•Cardboard boxes.•Block trains that interlock.•Carries breakable objects. <p>CREATIVE PLAY</p> <ul style="list-style-type: none">•Clay•Finger paints•Large crayons•Large wooden puzzles•Sandbox toys•Braided string to string beads or spools and to lace large shoe.•Brightly colored construction paper to fold or cut with blunt scissors. Contd....

30 MONTHS

PLAY STIMULATION

QUIET PLAY

- Uses transitional security object (favorite toy or blanket) for comfort.
- Cloth or cardboard books.
- Toys for water play.

DRAMATIC PLAY

- Baby doll and doll equipment.
- Toys for housekeeping (small broom, dust cloth).
- Play telephone.



Baby Cloth Books

NEEDS OF TODDLERS

- **LOVE AND SECURITY**
 - Separation anxiety
 - Regression
- **Discipline leading to Self-Control**
 - Setting of limits
 - Constructive discipline
 - ✓ Consistency
 - ✓ Clarity
 - ✓ Firmness
 - ✓ Immediacy
 - ✓ Encouragement of independence
 - Disciplinary action
 - ✓ Physical punishment
 - ✓ Explaining or Reprimanding
 - ✓ Disregarding or Ignoring
 - ✓ Taking “Time-Out.”
 - Outcomes of discipline
- **Dependence Progressing to Independence**

Contd....

NEEDS OF TODDLERS

- **Achieving control of bodily functions**

- **Meaning of toilet training to the Toddler**

- Toilet training is one of the major milestones in a child's development. Usually, babies learn to develop control over their bladder and bowel movements around 18 to 24 months. But some babies take even longer.
- In order to develop control over bowel and bladder the muscles must be strong enough to hold the urine and feces.
- The first signs of a bladder control is child's diaper remains dry after a reasonable amount of time has passed and baby sleeps for a longer time because of dry diaper.
- It is more difficult for a child to control her bladder than bowels. Parents are able to spot signs of bowel movement more easily than signs of urination.
- Usually, a child makes a physical demonstration when he's having a bowel movement like grunting, squalling or physically points to you that he has to put his pants down.
- Accidents may take place but one must be patient and not scold him when it happens.

Cont'd

TOILET TRAINING



Indications of the Toddler's readiness for training

- ✓ Physiologic readiness
- ✓ Psychologic readiness
- ✓ Intellectual readiness

Process of toilet training

- Check if your child is ready
- Purchase the right equipment
- Establish a routine
- Leave the diaper
- Explain the process

Age at which toilet training is accomplished

Fecal smearing

- **Developing Self-Esteem**