

## Chapter 10 Physical Development from One to Three

### Section 10.1 Growth and Development from One to Three



#### Note Taking

**Directions** As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> <li>• heredity and environment</li> <li>• general patterns of development</li> </ul>	<p><b>GROWTH FROM ONE TO THREE</b></p> <ul style="list-style-type: none"> <li>• Children ages 1 to 3 years change dramatically both in growth and development.</li> </ul> <p><b>DEVELOPMENT FROM ONE TO THREE</b></p> <ul style="list-style-type: none"> <li>• General patterns of development—head to foot, near to far, and simple to complex—are evident in children ages 1 to 3.</li> </ul>
<p style="text-align: center;"><b>Summary</b></p> <p>Heredity plays a major role in child development.</p>	

# Chapter 10 Physical Development from One to Three

## Section 10.2 Caring for Children from One to Three



### Note Taking

**Directions** As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> <li>• sleep patterns</li> </ul>	<p><b>SLEEPING</b></p> <ul style="list-style-type: none"> <li>• Changes in sleep patterns are common in one- to three-year-olds.</li> </ul>
<ul style="list-style-type: none"> <li>• good eating habits</li> </ul>	<p><b>NUTRITIONAL NEEDS AND EATING</b></p> <ul style="list-style-type: none"> <li>• The eating habits and attitudes of one- to three-year-olds will influence their eating habits throughout life.</li> </ul>
<ul style="list-style-type: none"> <li>• medical checkups</li> </ul>	<p><b>PHYSICAL HEALTH AND WELLNESS</b></p> <ul style="list-style-type: none"> <li>• Parents and caregivers must keep children safe from accidents.</li> </ul>
<ul style="list-style-type: none"> <li>• self-dressing</li> </ul>	<p><b>CLOTHING</b></p> <ul style="list-style-type: none"> <li>• Clothing must be appropriate to allow children to dress and undress themselves.</li> </ul>
<p style="text-align: center;"><b>Summary</b></p> <p>Sleep disturbances affect some toddlers.</p>	