Toddler Physical Development Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Growth From 1 to 3

* Physical \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_slows
* At about the age of one, most \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_begin to walk a few unsteady steps
* The term \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to one- and two-year-olds
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and environment influence the rate at which children grow in height and weight.
* Until age two, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_of child’s head, abdomen and chest are about the same.
* Between \_\_\_\_\_\_\_\_\_\_\_\_\_two and three the chest becomes larger around than head and abdomen. During this\_\_\_\_\_\_\_\_\_\_\_\_, the arms, legs, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_get longer.
* These \_\_\_\_\_\_\_\_\_\_\_\_\_\_ help improve balance and motor skills.
* By age of two, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is straighter but still not completely straight.
* By their third birthday, children stand straighter because their \_\_\_\_\_\_\_\_\_\_\_\_\_are stronger.
* One year olds \_\_\_\_\_\_\_\_\_\_\_\_\_\_have about eight teeth. For most, the last four back \_\_\_\_\_\_\_\_\_\_\_\_\_emerge early in the third year of life \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_their set of 20 primary teeth.
* Health of teeth is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_by diet, heredity and dentist
* Sensory integration is the process of combining \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_taken in through sense to make a whole.
* Sensory \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is when a child is unable to normally process all the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_their sense take in. He/she reacts more strongly to some \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_which may indicate a learning and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_problem.

Physical Developmental Milestones

|  |  |  |
| --- | --- | --- |
| Age | Fine Motor (using small muscles of hands) | Gross motor (using large muscles of body like legs) |
| 12-18 Months | * Turns \_\_\_\_\_\_\_\_\_\_\_\_ pages of book
* Pick up \_\_\_\_\_\_\_\_\_\_\_with thumb and forefinger
* Move \_\_\_\_\_\_\_\_\_\_from hand to hand
 | * May \_\_\_\_\_\_\_\_alone or while holding someone’s hand
* Sits \_\_\_\_\_\_\_\_\_without help
* Slide down \_\_\_\_\_\_\_\_\_\_backwards
 |
| 18-24 Months | * Stack from \_\_\_\_\_\_\_blocks
* Grasps \_\_\_\_\_\_\_\_\_\_\_\_with a fist and scribbles
 | * Walks well
* \_\_\_\_\_\_\_\_\_in place
* \_\_\_\_\_\_\_\_\_up or down one stair
* Pulls toys with \_\_\_\_\_\_\_\_\_\_
 |

|  |  |  |
| --- | --- | --- |
| Age | Fine Motor Skills | Gross Motor Skills |
| 2-2 ½ Years | * \_\_\_\_\_\_\_\_\_\_\_six blocks
* Turns one page of book
* Picks up \_\_\_\_\_\_\_\_\_from the floor without \_\_\_\_\_\_\_\_balance
 | * Walks with more \_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_
* Jumps off the \_\_\_\_\_\_\_\_\_\_\_step
* Pushes self on \_\_\_\_\_\_\_\_toy
 |
| 2 ½ - 3 Years | * Stacks \_\_\_\_\_\_\_blocks
* Screw lids on and off \_\_\_\_\_\_\_\_\_\_
* Draws circles and \_\_\_\_\_\_\_\_\_\_and vertical lines
 | * \_\_\_\_\_\_\_\_\_\_\_feet going up stairs but on going down
* \_\_\_\_\_\_\_\_but may not be able to stop \_\_\_\_\_\_\_\_\_\_
* Throw a ball \_\_\_\_\_\_\_\_\_but inaccurately
 |

Sleeping

* Most one-year-olds sleep\_\_\_\_\_\_\_\_ or more hours at night.
* As they get older, \_\_\_\_\_\_\_\_\_\_\_\_naps become shorter.
* Fears or anxiety about \_\_\_\_\_\_\_\_\_\_\_\_from parents can make falling asleep difficult
* Night terrors are a sleep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_that occurs during the first few hours of sleep.

Physical Health and Wellness

* \_\_\_\_\_\_\_\_\_\_\_\_\_every 12 months to check growth and development.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_protect children from specific disease, usually by giving a child a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(a small amount of disease-carrying germs is introduced to the body on purpose so that boyd can build resistance to that disease.
* \_\_\_\_\_\_\_\_\_\_\_\_\_is a concern since toddlers love to explore their environment. Therefore \_\_\_\_\_\_\_\_\_\_\_\_\_\_home is critical.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_concerns - choking hazards, toys, poisons, fire, burns, cars, sunburn, pets, drowning.

Hygiene

- Daily \_\_\_\_\_\_\_\_\_\_help children develop good hygiene skills.

- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_teeth daily with soft toothbrush and by two years of age can be done\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

- Toilet \_\_\_\_\_\_\_\_\_\_\_\_\_depends on readiness