

Part 5

Toddler stage



TODDLER STAGE

Toddler stage is between 1 to 3 years of age. During this period, growth slows considerably.

- ❖ It is a time of intense exploration of the environment.
- ❖ children attempt to find out how things work; what the word —no! means; and the power of temper tantrums, negativism, and obstinacy .

Physical growth

The toddler's average weight gain is 1.8 to 2.7 kg/year. During 1–2 years, the child's height increases by 1cm/month. The toddler's height increases about 10 to 12.5cm/year.

Physiological growth

Pulse: 80–130 beats/min (average 110/min).

Respiration: 20–30 b/min.

Bowel and bladder control: Daytime control of bladder and bowel control by 24–30 months .

Head circumference

- ❖ The rate of increase in head circumference slows somewhat by the end of Infancy.
- ❖ head circumference is usually equal to chest circumference by 1 to 2 years of age.
- ❖ The usual total increase in head circumference during the second year is 2.5 cm (1 inch).
- ❖ Then the rate of increase slows until age 5 years, when the increase is less than 1.25 cm (0.5 inch) per year.
- ❖ The anterior fontanel closes between 12 and 18 months of age.

Chest circumference

- During toddler years, chest circumference continues to increase in size and exceeds head circumference.
- After the second year the chest circumference exceeds the abdominal measurement, which, in addition to the growth of the lower extremities, gives the child a taller, leaner appearance.

TODDLER STAGE

- By 2 years of age, the toddler has 16 temporary teeth.
 - By the age of 30 months (2.5 years), the toddler has 20 teeth
 - Grow rapidly, becoming taller and heavier
 - Strengthening of bones and muscles
 - Begin to walk, climb, run, throw balls, stack blocks and turn
 - knobs Begin to use a spoon and cup

➤ **Physical Skills**

- Walks alone
- Pulls toys behind when walking
- Begins to run
- Stands on tiptoe
- Kicks a ball

Gross and Fine Motor Development

- The major gross motor skill during the toddler years is the development of locomotion.
- By 12 to 13 months old, toddlers walk alone, using a wide stance for extra balance;
- by age 18 months old, they try to run but fall easily.
- Between 2 and 3 years of age, refinement of the upright, biped position is evident in improved coordination and equilibrium.
- At 2 years old toddlers can walk up and down stairs,

Fine motor development

- Fine motor development is demonstrated in increasingly skillful manual dexterity .
- Once toddlers achieve pincer grasp, usually at 9 to 10 months old, they combine this skill with other developing sensory and cognitive abilities .
- For example, by age 12 months old they are able to grasp a very small object .
- By age 15 months they can drop a pellet into a narrow necked bottle. Casting or throwing objects.

COGNITIVE DEVELOPMENT

Up to 2 years, the toddler uses his senses and motor development to differentiate self from objects. Learn names of body parts and objects around them .

- ❖ Begin to understand a vague sense of time, counting, colors, shapes, sizes .

EMOTIONAL AND SOCIAL DEVELOPMENT

The toddler is very social being but still egocentric .He imitates parents. Notice sex differences and know own sex. According to Erikson, the development of autonomy during this period is centered around toddlers increasing abilities to control their bodies, themselves and their environment .

Psychosocial Development

Toddlers are faced with the mastery of several important tasks. If the need for basic trust has been satisfied, they are ready to give up dependence for control, independence. Also Control over bodily functions , socially acceptable behavior, Verbal means of communication and ability to interact with others.

Play

- Play magnifies toddlers' physical and psychosocial development. Interaction with people becomes increasingly important. The

solitary play of infancy progresses to parallel play.

SUMMARY OF DEVELOPMENTAL MILESTONES

- Walks up and down stairs; Kicks a ball.
- Undresses self.
- Scribbles on paper.
- Has a vocabulary of 1000 words and uses short sentences.

COMMON TODDLER NEEDS

- ✓ Love and security
- ✓ Healthy nutrition
- ✓ Immunization
- ✓ Graded independent
- ✓ Toilet training
- ✓ One of the major tasks of toddlerhood is toilet training.
- ✓ Voluntary control of the anal and urethral sphincters is achieved sometime after the child is walking, probably between ages 18 and 24 months.
- ✓ -Bladder control at night 3 y. at day 2y.
- ✓ -Bowel control at night 2y. at day 18 m.
- ✓ Playing
- ✓ Bathing and clothing
- ✓ Learning language

✓ **SLEEP AND ACTIVITY**

•Total sleep time decreases only slightly during the second year and averages about 11 to 12 hours. Fears can be provoked by a child's daily stressors, such as pressure to toilet train, moves, sibling birth, experiences of loss, or separation from parents.

TODDLERS DEVELOPMENT PROBLEMS

1.Negativism : is defined as behavior that is extremely resistant to both inner and outer stimulation. This condition is often present to some degree in toddlers .It characteristic by recurrent say No No . child can effectively use words to express his desires and needs .

Management

- Avoid punishment
- Minimize opportunities for "no"
- Let her participate in the decision-making process
- Try to make your child a partner in simple tasks.

2.Temper tantrum: A tantrum is the expression of a young child's frustration with the challenges of the moment. Temper tantrums are emotional and physical "meltdowns" common among children in the

2- to 4-year-old age range. The toddler may demonstrate a number of characteristic behaviors, including screaming, kicking, lying on the floor, and occasionally holding his breath.

Can tantrums be prevented

- ❖ Be consistent
- ❖ Establish a daily routine so that your child knows what to expect

Encourage your child to use words o Let your child make choices.

- ❖ To give your toddler a sense of control, let him or her make appropriate choices
- ❖ Praise good behavior
- ❖ Remain calm avoid punishment given a toy to divert his attention.

3. Jealous from other baby

4. Ritualistic behavior

5. Power struggles – conflict between parent and child **avoid them, child will outgrow them by 3.**



COMMON TODDLER ACCIDENTS AND INJURIES

- 1. Motor accident**
- 2. Falls**
- 3. Burn**
- 4. Injury by sharp instruments**
- 5. Drowning**
- 6. Suffocation**
- 7. Poisoning**



TODDLER CARE GIVING GUIDELINES

- ✚ Provide toys at the child's ability level: Puzzles
- ✚ Take walks to explore surroundings and talk about what's being seen.
- ✚ Identify objects the child can see, hear, smell, touch or taste.
- ✚ Read to the child and name objects in pictures.
- ✚ Let the child help with simple household tasks.

SUMMARY OF NURSING INTERVENTIONS

- Maintain toilet-training procedures .
- Encourage appropriate independent behavior .
- Give short explanations .
- Provide rewards for appropriate behaviors .

