

# Ages & Stages: Toddler Development

## Construct A: Appropriate Expectations of Children

### Lesson Description:

This lesson is designed to help parents understand the ages and stages of toddler development.

### Lesson Competencies:

1. Parents can identify some developmental milestones of toddler development.
2. Parents display positive attachment behaviors toward their toddlers.
3. Parents display positive attunement to toddler's needs.

### Prerequisite Conditions, Knowledge and Skills:

Lesson 5: Children's Brain Development  
Lesson 6: Building Parent-Child Bonding and Attachment  
Lesson 7: Ages & Stages: Expectations and Development of Children  
Lesson 8: Ages & Stages: Infant Development

### Materials needed for Lesson 9:

Parent Handbook or Easy Reader Parent Handbook:  
*Chapter 7: Ages and Stages: Toddler*  
DVD player  
DVD: Nurturing Parenting for Parents of Infants, Toddlers and Preschoolers,  
*Part 4 - "Understanding the Growth and Development of Toddlers"*  
Family Nurturing Plan  
Family Nurturing Journal

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## Lesson 9: Toddler Development

### Teaching Goal:

To increase parents' awareness of the growth and development of toddlers.

### Lesson Competencies:

1. Parents can identify some developmental milestones of toddler development.
2. Parents display positive attachment behaviors toward their toddlers.
3. Parents display positive attunement to toddler's needs.

### Procedures:

1. Welcome the parents to class. Mention that the focus of this lesson is on the developmental stage of toddlers, ways to promote positive mental health and brain development, and parent-child bonding.
2. **Check in** with the parents and see how things are going. Ask parents to share information from their **Family Nurturing Journal** about changes they've seen in themselves, their children, and their families this week.
3. Review the **Home Practice Assignment** in the Family Nurturing Journal for Lesson 8.
4. Present **Part 4** of the DVD titled, "**Understanding the Growth and Development of Toddlers.**"
5. After the DVD, refer to the information in **Chapter 7** of the **Parent Handbook or Easy Reader Parent Handbook** called "**Ages & Stages: Toddler Development.**" Use this handout as the basis of instruction.
6. If a family has Special Needs children, put the instruction in the context of their situation.

### Home Practice Assignment:

Complete the assignment for Lesson 9 in your **Family Nurturing Journal**.

1. List a behavior that you have observed in your child in each of the four principal areas of development: Physical - Intellectual - Language - Social/Emotional.
2. List one long-term expectation you have for your child.
3. Spend a minimum of 30 to 45 minutes every day playing, reading or practicing nurturing touch with your child(ren).

### Family Nurturing Time

For the next 30 minutes engage parents and their infants, toddlers and/or preschoolers in age-appropriate activities selected from the **Nurturing Book for Babies and Children**. Model for the parents ways to engage children when necessary. The primary goal is for the parents to take the lead. Encourage the parents to select the activity. If there are children of different ages and abilities, find creative ways to engage all children.

### Notes and Suggestions:

1. This is an opportunity to problem solve, check for appropriate expectations and to educate.
2. Reinforce the importance of developing a positive attachment which leads to a mentally healthy child who feels capable and loveable.