



Al-Mustaqbal University / Nursing College  
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Lecture 5  
Growth and Development of the toddler  
By  
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# Out line:

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**Physical growth**

**Physiological growth**

**Motor development**

**Language development**

**Cognitive development**

**Emotional development**

**Psychosocial development**

**Common health problems.**

## Normal Toddler (1 to 3 years)

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During this period, **growth slows** considerably.

- During these years, children begin the long process toward **independence**.
- Toddler develops from having no voluntary control **to** being able both, **to walk and speak**.

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- They **also learn to control their bladder and bowels.**

Gaining self-control mastering tasks such as walking, jumping, dressing, and eating, and learning to use language to express needs.

# Physical Development of the Toddler

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- Time of slowed growth and rapid development
- Learns to chew food with continued eruption of teeth
- Masters tasks such as walking, jumping, dressing, eating, use language to express needs
- Learns to stand alone and walk between 1 and 2 years
- Most toddlers say their first words and refine language skills
- By end of this period, may be toilet trained

# Physical Growth: weight

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- ○ Average weight gain is 1.8 to 2.7 Kg/year. Formula to calculate normal weight of children over 1 years of age:
  - $(\text{Age in years} \times 2) + 8 = \text{---- Kg}$
  - E.g. 2 years old child weight =  $2 \times 2 + 8 = 12 \text{ Kg}$ .
- \*Toddlers are usually chubby, with relatively **short legs and large head**. The face appears small when compared to the skull, but as the toddler grows. These proportions gradually change to that of the adult size.

# Height:

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- It increases about 10 to 12.5 cm/year.
- Formula to calculate normal height of children over 1 year of age:
  - (Age in years x 5 + 80 = -----cm) E.g. length of 2 years old child =  $(2 \times 5) + 80 = 90$  cm.

# Head and Chest Circumferences:

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- During toddler years, chest circumference continues to increase in size and exceeds head circumference.
- Anterior fontanel closes between 12 - 18 months of age.



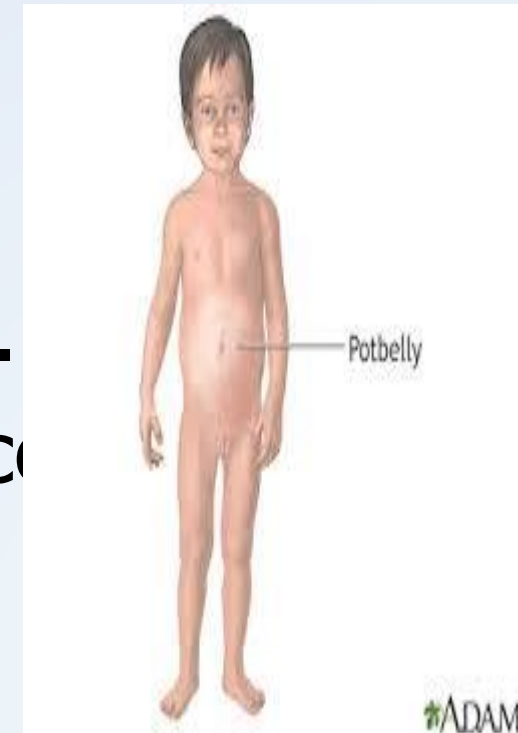
## Teething:

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- By 2 years primary dentition of 16 teeth
- By (2 1/2 years) 20 teeth .

## Abdomen:

- It is protruded because of the immature abdominal musculature. Abdomen flattening results from development of abdominal muscles.
- Bow-legs typically persist along toddlerhood since they must bear the weight of the large trunk.





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○ **Bowel and bladder control:**

- Daytime control of bladder and bowel control by 24 - 30 months.

○ **Senses:**

- Visual acuity of **6/6** is achieved during this period.
- Senses of smell, hearing, touch, and taste increasingly well developed.

# Physiological Growth:

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- \* Pulse: 80-130 beats / minute
  - (average 110 / min)
- \* Respiration: 20-30 breath / min.
- \*Blood pressure: Systolic 95-105mm Hg
  - Diastolic 53-66 mm Hg

# Motor Development:

<b>Age in month</b>	<b>Gross Motor</b>	<b>Fine Motor</b>
<b>15th</b>	<ul style="list-style-type: none"><li>■ Walks alone</li><li>■ Creeps upstairs</li><li>■ Assumes standing position without support</li><li>■ Can not throw ball without falling</li></ul>	<ul style="list-style-type: none"><li>■ Builds tower of 2-3 blocks.</li><li>■ Open boxes.</li><li>■ Holds a cup with all fingers grasped about it</li><li>■ Make line with crayon.</li></ul>

<p><b>18<sup>th</sup> months</b></p>	<ul style="list-style-type: none"> <li>■ <b>Run clumsily (often falls).</b></li> <li>■ <b><u>Walks upstairs with one hand held.</u></b></li> <li>■ <b>Jumps in place with both feet.</b></li> <li>■ <b>Throws ball overhand without falling.</b></li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Build a tower of 3 to 4 blocks.</b></li> <li>■ <b><u>Removes simple clothes, e.g. shoes.</u></b></li> <li>■ <b>Hold cup with both hands.</b></li> <li>■ <b><u>Imitates a vertical line.</u></b></li> </ul>
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<p><b>24th months</b></p>	<ul style="list-style-type: none"> <li>■ <b>Run well.</b></li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Builds a tower of 6 to 7 blocks.</b></li> </ul>
	<ul style="list-style-type: none"> <li>■ <b><u>Goes up and down stairs alone with two feet on each step.</u></b></li> <li>■ <b>Can walk with heel-toe gait</b></li> <li>■ <b>Jumps crudely with both feet in place.</b></li> <li>■ <b>Kicks large ball without falling</b></li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Opens the door by turning doorknob.</b></li> <li>■ <b><u>Imitates circle and horizontal stroke.</u></b></li> <li>■ <b>Removes most of own clothes.</b></li> <li>■ <b>Drinks well from small glass held in one hand.</b></li> </ul>



**Jumps crudely  
with both feet in  
place**

**30th  
months**

- **Jumps from chair or step.**
- **Stands on one foot alone momentarily.**
- **Walks up and down stairs**

- **Builds a tower of 8 blocks.**
- **Good hand-finger coordination, therefore, holds crayon with finger rather than fist**



## Language Development:

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- **15<sup>th</sup> month: Says 4 to 6 words (mainly names).**
- **18<sup>th</sup> month: Says 10 words or more.**
- **24<sup>th</sup> month: Vocabulary of almost 300 words. Uses 2-3 word phrases sentence.**
- **30<sup>th</sup> month: Talks constantly.**

# Emotional Development:

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- Tolerates to some extent separation from parent, but he develops separation anxiety (anxiety develop when he is separated from the caregivers-mother).
- Less fear to strangers (places and people)
- Beginning to imitate parents.
- Beginning awareness of ownership (my-toy).

# The types of play toddler engage in can be described as:

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- Parallel plays:** the child sits with other children but does not cooperate or interact with them.
- The toddler does not share toys until later of the toddler years



# Psychosexual development:

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According to Freud, the age 2-3 years represent the **anal phase** of development which is characterized by:

Negativism .1

Emotions expressed very strongly .2

- Temper tantrums

# Psychosocial development

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- **According to Erickson**, toddlers are working on the developmental task of **autonomy versus shame and doubt**.
- The favorite word of most toddlers is “**NO**”. just saying the word seems to command the attention of those around themselves.
- When the central development task is **autonomy versus sham& doubt** (I can do it my self) increasing abilities to control their bodies themselves, and their environment.



# Health promotion & protection

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- **Immunizations**
- **Injury prevention**
- **Sleeping pattern**
- **Nutrition requirement:** need 100 kcal/kg/24hrs.
  1. They prefer to feed themselves, so they can be at risk of aspiration of small foods that are not easily chewed.
  2. Encourage self-feeding
  3. Do not push the child to eat
  4. Allow others to eat with the child
  5. Offer familiar foods
  6. Provide fluids in small but frequent amounts





# Common Health & Developmental Problems of the toddler:

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- 1. Stressful reaction to hospitalization.
- 2. Fear. (Large animals, going to sleep, loud noises, loss of parents)
- 3. Ritualistic behaviors (the same rituals at time of bathing, eating, sleeping)
- 4. Dental caries.
- 5. Child abuse

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- ■ **7. Accidents:**

- a. Automobile accidents.

- b. Burns.

- c. Falls.

- d. Poisoning. (e.g. lead & Salicylate poisoning)

- **8. Infections:**

Otitis media and brain abscess because the Eustachian tube (From pharynx to middle ear is straight & shorter than the adult)

# Suggestions for Potty Training the Toddler

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- Use a comfortable potty chair; limit the time on the chair
- Have child wash hands afterwards to instill good hygiene habits
- Use “pull-up” type clothing
- Allow child to observe role model using toilet
- Do not flush the toilet while the child is sitting on it
- Do not tease or shame the child



# Sleep Needs and Practices for the Toddler

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## ■ Sleep needs

- ■ **1 year: 12 to 14 hours; by 3 years: 10 to 12 hrs**
- **Gives up a morning nap; continues afternoon nap until about age of 3 years** ■

## Sleep practices

- **Rituals are a common part of bedtime procedures**
- **Regular schedules with set bedtimes are important**

## HOW TO ESTABLISH A TODDLER BEDTIME ROUTINE



**6:45 p.m.**  
Bath



**7:00 p.m.**  
Brush teeth, lotion, jammies



**7:10 p.m.**  
Bedtime stories



**7:20 p.m.**  
Rocking in the glider  
and singing lullabies



**7:25 p.m.**  
Bed

healthline Parenthood

# HAVE A NICE DAY

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