

Growing Up With Us

Caring for Children

Health Promotion of the Toddler

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BEHAVIORAL OBJECTIVES

AFTER READING THIS LESSON THE LEARNER WILL BE ABLE TO:

1. Describe developmental milestones of the toddler which support increasing independence and characteristic behaviors during this period.
2. Discuss appropriate anticipatory guidance to help parents understand and deal with toddler behaviors, as well as the process of toilet training.

Toddlers are faced with the mastery of several important tasks, many of them having to do with developing a sense of control and independence. If the foundation for trust has been met in infancy, the one to three year old now struggles with mastery of the developmental task, autonomy versus shame and doubt. The essential question for the toddler is - "Is it okay to be me?"

The toddler years are a crucial time in the development of a healthy self-concept, which is directly related to the child's ability to establish a sense of autonomy - independence and control. Toddlers may assert independence by objecting to restrictions on their actions - temper tantrums. Also, as a part of controlling their environment and establishing their identities as separate individuals, toddlers typically go through a period of negativism - "No!" An added parenting stressor, and major task during this developmental period, is teaching the child to control bodily functions - toilet training.

Anticipatory guidance, providing information to parents in anticipation of a developmental crisis, is essential throughout childhood. Developmental changes are relatively predictable and parent education prior to the situation, even a year before the change, such as beginning teaching about the process of toilet training when the child is 15 months old, and reinforced throughout, can minimize the stress associated with the change, for the child, as well as the parents.

This lesson will review developmental milestones of the toddler which support increasing independence. A framework for teaching parents to understand and deal with toddler behaviors, including temper tantrums, negativism, as well as the guidelines of toilet training, will also be discussed.

INDEPENDENCE

Skills necessary for independence are evident in many areas of toddler development, as the child's motor, cognitive, and

By age 15 months, children can feed themselves finger foods and drink well from a "sippy" cup. They are also learning to use a spoon, which is often limited to sticking the spoon into the food, such as applesauce, and licking it off. By age 18 months, toddlers can generally use a spoon well and by 36 months, may be using a fork. Between the ages of 2 and 3 years of age, toddlers imitate their parents and older siblings. Imitation is a key characteristic in the toddler years.

In dressing, the toddler also demonstrates strides in independence. The 15 month old is able to help by putting an arm or foot in while being dressed and is able to pull his or her shoes and socks off. The 18 month old can often remove pull-on pants, help with pullover shirts, and be able to unzip. By age 2 years, the toddler is able to remove most articles of clothing, as well as dress him/herself in pants, shoes and socks (without regard to back or front, right or left).

Throughout childhood, children focus on one developmental area, while the others show little, if any, change. However, once mastered, a new developmental focus appears, as is apparent in language development in the toddler years. During the first 18 months of life, development is typically focused on motor development, including rolling over, sitting, creeping, walking, and climbing. Once motor skills are mastered, the toddler now unconsciously shifts to developing language skills. At 18 months, the child typically has a vocabulary of only 10 words, but by 2 years of age, 6 months later, the child's vocabulary has generally increased to 200 words. The toddler is now able to verbalize needs.

TEMPER TANTRUMS

As toddlers begin to assert their independence and strive for control over their environment, they are confronted with obstacles. Physical or language inability to complete a task, such as reaching or asking for a cookie, or imposed rules that interfere with their activity, such as bedtime, typically cause the toddler to become frustrated. They want independence and self-control to explore their environment. Temper tantrums are a normal developmental course for temper tantrums. On average, temper tantrums are equally common in boys and girls, and more than half of young children will have one or more per week. Temper tantrums typically begin between 15 and 18 months. By age 3, many children are less impulsive and can use language to express their needs, so tantrums are less frequent and/or severe.

When toddlers have temper tantrums, the anger displayed is directed at themselves, such as not being physically able (and independent enough) to reach a snack or toy and/or being denied something. Typical temper tantrum behaviors include screaming, kicking while lying on the floor, throwing things, head-banging, as well as verbalizing anger, such as, "Go away!!" Any behaviors that may endanger the child, such as head-banging, as well as

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POPULATION/AGE-SPECIFIC EDUCATION POST-TEST

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Sample 2022

Name: _____

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Competency: Demonstrates Population/Age-Specific Competency by correctly answering 9 out of 10 questions related to Health Promotion of the Toddler.

HEALTH PROMOTION OF THE TODDLER

1. The mother of an 8 month old says, "My son is toilet trained during the day". She explains, "I put him on the toilet every half hour or so during the entire day and several times at night." You suspect which of the following? The:
 - a. need for providing parental teaching related to toilet training guidelines is not necessary.
 - b. toilet training process has been successfully completed.
 - c. child is advanced for his age.
 - d. parent is trained.
2. The average age at which toilet training is achieved in the United States is approximately how many months of age?
 - a. 32
 - b. 27
 - c. 18
 - d. 12
3. When teaching parents about toilet training their toddler, the healthcare professional should include which of the following signs as an indication of readiness?
 - a. An increased frequency of diaper changes
 - b. Pulling at wet diapers
 - c. When temper tantrums decrease
 - d. Staying dry for 30 minutes at a time
4. The father of a 20 month old little girl says, "I dread toilet training." The toddler is too young for the healthcare professional to begin teaching the father about the process of toilet training.
 - a. True
 - b. False
5. Which of the following DOES NOT indicate readiness for toilet training? The toddler:
 - a. is able to walk to the toilet.

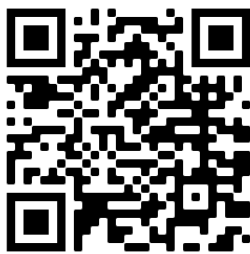
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