Older Toddlers

Motor Development and Coordination

Children develop strength, coordination, and control of their large muscles.

1. Walk and run with increasing skill demonstrating the ability to change speeds and direction
2. Coordinate moving arms and legs to complete a task (e.g., catch a large ball against body, climb on play equipment, kick a stationary ball)
3. Sustain balance during simple movements (e.g., jump off low step landing with both feet; walk up and down stairs one at a time with both feet; walk backwards)

Children develop strength, eye-hand coordination, and control of their small or fine motor muscles.

1. Feed themselves using utensils and hands
2. Coordinate use of hands and fingers to accomplish more complex actions (e.g., put together knob puzzles, turn pages of a book)
3. Perform simple fine motor skills (e.g., use play dough, string large beads)
4. Use tools that require finger and hand coordination (e.g., string large beads)

Health and Safety Practices

Children develop healthy eating habits and knowledge of good nutrition.

1. Try new foods
2. Show interest in and communicate about food, textures, tastes (e.g., crunchy, warm, sweet)
3. Consume age nutritious beverages (e.g., water, milk)

Children develop personal health and self-care habits, and become increasingly independent.

1. Fall asleep on own and sleep well, waking rested and ready to be active
2. Communicate to request things they need (e.g., food when hungry, drink when thirsty)
3. Show some independence in personal care routines
4. Initiate and complete some personal health routines and self- care needs with assistance (e.g., wash hands, brush teeth, dress/undress)
5. Use personal care objects (e.g., face cloth, brush) with assistance

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Participate in bathroom routine, show interest in toilet training, and use the toilet with help

7 Communicate with caregiver when not feeling well

8 Name people who help children stay healthy (nurse, doctor, dentist)

Children develop the ability to identify unsafe situations, and use safe practices.

1 Respond appropriately to redirection by adults in order to avoid unsafe situations (e.g., stop before crossing street)

2 Identify harmful or unsafe objects or situations with assistance

3 Increase self-control over impulses (e.g., wait for adult to cross street and not run into street)

4 Seek an adult's help when in an unsafe or dangerous situation

5 State and follow simple safety rules with adult support