Younger Toddlers

Motor Development and Coordination

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

1. Move hands and legs together to push, pull, and climb (e.g., carry objects while walking, pull a toy on a string behind them, push a toy shopping cart, climb on the coffee table)
2. Demonstrate emerging balance and coordination (e.g., stoop and squat to explore objects on the ground, crawl up stairs and down them backwards)
3. Sustain balance during simple movements (e.g., walk independently, stand legs apart and swat to music)

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

1. Demonstrate control of hands and fingers (e.g., pick up a ball, hold a large crayon and make marks)
2. Move fingers independent of other fingers (e.g., point to objects)
3. Demonstrate eye-hand coordination (e.g., feed themselves finger foods, fill container with smaller objects)

Health and Safety Practices

Children develop healthy eating habits and knowledge of good nutrition.

1. Try new foods
2. Eat a variety of nutritious foods from all food groups
3. Eat finger foods (e.g., Cheerios)

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

1. Participate and cooperate with sleep routines (e.g., choose a book, get preferred sleep ‘object’)
2. Use objects and follow routines that are comforting (e.g., pick out favorite book to be read before nap/bedtime)
3. Cooperate and may assist with care routines (mouth care, hand washing, dressing, bathing)

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

React to simple verbal or nonverbal warnings of danger (e.g., ‘Stop! Wait! Hot!)

Watch familiar adults for appropriate reactions to unfamiliar things or situations

Skip to main content

3 Show some caution about unfamiliar and/or unsafe situations