
UNIT: Growth and Development

LESSON: Toddlers--Physical

COMPETENCIES:

1. Identify the physical development in toddlers. (Options 2, 5, 6, 7, 8, and 9)
 2. Develop age-appropriate and safe activities for the physical development of the toddler. (Options 2, 3, 4, and 8)
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OVERVIEW/SUMMARY:

The toddler stage begins when the child starts to walk. When the toddler begins walking, a whole new world opens up before him/her as he/she develops rapidly. Toddlers love to explore everything.

MOTIVATOR:

Ask the students to describe what it is that scientists or researchers do. For example, if a scientist or researcher was going to study an electronic watch, what would he/she do? (Write their comments on the board.) Their comments should include some of the following:

They would explore all aspects of the watch.

They would take it apart.

They would examine each piece closely.

They would probably like to see what would happen to the pieces or the whole watch under other circumstances: if they dropped it, threw it, put it in water, etc.

They would probably see if they could put it back together a different way.

Explain to the students that toddlers are called little scientists because they usually do things much the same as a scientist would: they take things apart, they explore anything and everything, and they love to discover how their world and the things in it work. Briefly share your own stories concerning toddlers and the things you have seen them do. Many people see these years as the terrible twos because of this discovery and exploration. They need to see it is as it really is--exploration and learning.

LESSON OPTIONS/SUPPLIES:

OPTION 1

BOOK: Toilet Tales, Sesame Street, This is Me, I Can Do It Myself, There's Lots That I Can Do, Kathleen M. Harte, ISBN # 0-679-84798-7, or The Sandman.

OPTION 2--Competencies 1 and 2--CDA VIII

TODDLERS: Use the teacher information "Toddlers" to explain the term toddler and to discuss walking and shoes for toddlers. Discuss which toys or equipment are best suited for children just beginning to cruise and walk.

OPTION 3--Competency 2--CDA I, Safety

SAFETY: Discuss safety concerns now that the child is mobile and interested in searching and learning about the world. Because toddlers are so curious, many precautions must be taken to ensure their safety. Most accidents and injuries that occur at home are suffered by children under five years old. Ninety percent of these accidents and injuries could be prevented by taking precautions to childproof the home! Have the students read a segment on safety or childproofing from their text. They should list safety procedures or precautions learned from the reading. Use the transparency "Safety" on which to write their comments. There is also a key with suggested ideas. You may want to give each of the students a copy of the transparency to use as a worksheet. You could also make a learning (bulletin) board using the same information. Encourage students to share experiences they have had concerning the lack of child safety precautions.

OPTION 4--Competency 2--CDA I, Safety

VIDEO: Watch the segment on childproofing your home from the Parent's Video Magazine "Meeting the World."

OPTION 5--Competency 1--CDA VIII

HEIGHT AND WEIGHT: Discuss the height and weight growth that occurs during the toddler's years using the "TODDLER HEIGHT AND WEIGHT" transparency.

OPTION 6--Competency 1--CDA VIII

CLOTHING: Briefly discuss the information concerning clothing for toddlers using the transparency "CLOTHING FOR TODDLERS". You may want to bring a few examples of toddler clothing to show the class. Some examples should have growth and self-help features. Others should be restrictive and uncomfortable.

OPTION 7--Competency 1--CDA I, 2-Health

NUTRITION: Have the students read in a text or use the teacher information "Nutrition" to briefly discuss the nutrient needs and mealtime hints for toddlers. After discussing the information, have the students complete the worksheet, "WHAT SHOULD A TODDLER EAT?"

OPTION 8--Competencies 1 and 2--CDA VIII

TOILET TRAINING: Use the teacher information "Toilet Training." Show the segment concerning toilet learning from the video "Touchpoints," Volume 3, One Year Through Toddlerhood.

OPTION 9--Competency 1--CDA VIII

GROWTH FACTS: Review the basic growth facts with the class using the teacher information "Growth Facts." Students should complete the "Growth Facts Listening Guide."

RESOURCES:Toilet Tales

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ISBN: 0-920303-13-7

Parent's Video Magazine "Meeting the World"

Cambridge--Home Economics
P.O. Box 2154, Dept. HE12, Charleston, WV 25328-2153
1-800-468-4227, FAX 1-304-744-9351

"Touchpoints," Volume 3, One Year Through Toddlerhood

Phiper Films, Inc., 1-800-548-2121
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