

## GROWTH FACTS

On the average, a toddler needs to sleep 10-12 hours each night.

Toddlers usually have two naps, one in the morning and one in the afternoon. Some toddlers need more sleep than others. A nap can last as long as four hours or as short as twenty minutes.

Having a quiet time during each day helps the child learn that there are times to be quiet and to do activities that are quiet. If a child does not want to take a nap, a quiet time should be substituted. Quiet times do not have to be limited as substitutes for naps. Moments of quiet time should begin when the child is about one year old and last only a short time-4 minutes or so. The child can do activities such as looking at a book or playing with a quiet book. As the child gets older, quiet time should become longer, with a maximum of about a half hour.

Nightmares first occur during the toddler stage. When a child has a nightmare, you should calm the child by letting him/her know that you are near by and that nothing will hurt them.

The most important things to remember when helping a child prepare for bed are to have a regular routine and to be consistent.

A child has all of his/her primary teeth at about the age of 2 1/2 to 3 years.

To keep their teeth healthy and clean, what should toddlers do, in addition to brushing?

In addition to brushing their teeth, toddlers should eat "detergent" foods like apples, carrots, celery, plums, cucumbers, lettuce, and oranges. These foods have rough textures and natural acids that help dislodge and destroy harmful bacteria. A child's toothbrush should have short, soft bristles.

Eye-hand coordination is the ability to see an object and move the hand toward the object and grasp it. It is mastered during the later toddler years. (The teacher may wish to have the students put a lid on a pen by holding the lid in their teeth and placing the pen into it with their hand. This helps the students better understand what it is like to have mastered eye-hand coordination.)

Manipulation is the ability to use the hands, fingers, and thumb with exactness and precision.

Manipulative toys are small toy like games such as peg games or blocks. They are beneficial because they help a toddler develop manipulation and eye-hand coordination.

Large motor skills that are mastered during age one are walking, climbing stairs, and pulling a pull toy.

Small motor skills that are mastered during age one are turning pages of a book, mastering pincher grasp using thumb and forefinger to pick things up, scribbling with a large crayon or pencil.

Three large motor skills that are mastered during age two are jumping, walking up and down stairs, pushing off with feet on a scooting toy with wheels.

Small motor skills that are mastered during age two include holding a cup well, copying simple designs using crayon or pencil, screwing lids on and off containers.

Three large motor skills that are mastered during age three include skipping, balancing on one foot, riding a tricycle.

Three small motor skills that are mastered during age three include cutting with scissors, drawing recognizable pictures, buttoning and zipping, and unbuttoning and unzipping.