



# FIRST YEARS OF LIFE

## TODDLER DEVELOPMENT TOOL KIT



## Contents

<b>CONTENTS</b>	<b>2</b>
<b>ABOUT</b>	<b>3</b>
<b>AREAS OF DEVELOPMENT</b>	<b>4</b>
<b>FINE MOTOR SKILLS</b>	<b>7</b>
MILESTONES	7
ACTIVITIES THAT PROMOTE FINE MOTOR DEVELOPMENT	8
<b>GROSS MOTOR SKILLS</b>	<b>10</b>
MILESTONES	10
ACTIVITIES THAT PROMOTE GROSS MOTOR DEVELOPMENT	11
<b>SPEECH AND LANGUAGE SKILLS</b>	<b>13</b>
MILESTONES	13
ACTIVITIES AND IDEAS THAT PROMOTE SPEECH AND LANGUAGE DEVELOPMENT	14
<b>SOCIAL AND EMOTIONAL SKILLS</b>	<b>16</b>
MILESTONES	16
ACTIVITIES AND IDEAS THAT PROMOTE SOCIAL-EMOTIONAL DEVELOPMENT	17
<b>COGNITIVE SKILLS</b>	<b>18</b>
ACTIVITIES THAT PROMOTE COGNITIVE DEVELOPMENT	19
IDEAS THAT CAN ENCOURAGE COGNITIVE DEVELOPMENT	20
<b>RECOMMENDED RESOURCES</b>	<b>21</b>
<b>SERVICES TO ASSIST WITH CHILD DEVELOPMENT</b>	<b>22</b>
<b>REFERENCES</b>	<b>23</b>



## About

A toddler is a child between 1 and 3 years old. Toddlerhood is one of the most important and rapid periods of growth in the life of a child, which sets a foundation for lifelong health and development. Your child will begin to learn new skills contrary to the 5 areas of development which are; Cognitive, Gross Motor, Fine Motor, Social & Emotional, and Speech & Language. It is important to understand that toddlers develop at different rates, therefore your child may be ahead or behind in some areas of their development, and in comparison with other toddlers<sup>1</sup>.

A child's development is often monitored by comparing their development to associated developmental milestones. There are 5 key areas regarding development. These are:

1. Fine Motor Skills
2. Gross Motor Skills
3. Language and Speech Skills
4. Social and Emotional Skills
5. Cognitive Skills<sup>2</sup>

These key areas are broken down into milestones, which are expected activities that most children will perform at a certain age, such as crawling, walking and talking. Developmental milestones provide information about the normal range in which a child accomplishes a milestone<sup>3</sup>, however, an atypical developing child demonstrates that they are:

- no longer progressing through the milestones;
- not achieving milestones within a recommended time frame;
- losing skills that they once had demonstrated over several months.

Therefore, milestones help identify a child's progression. It is important to note that each child develops at their own rate, so it is perfectly normal for variations in each stage. Watch for progress, not deadlines.

Within this tool kit there are a collection of activities within each area of development. These activities have been selected to support parents, families and caregivers to continue to encourage typical growth and development, or to implement to support an atypical developing child. If you or a family member, and are concerned about a child's development, discuss these concerns with a health professional. A G.P. or Paediatrician will be able to assist in taking the correct steps forward to support your child's development.

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<sup>1</sup> <https://medlineplus.gov/toddlerdevelopment.html>

<sup>2</sup> <https://www.webmd.com/parenting/baby/features/is-your-baby-on-track#3>

<sup>3</sup> <https://medlineplus.gov/ency/article/002002.htm>

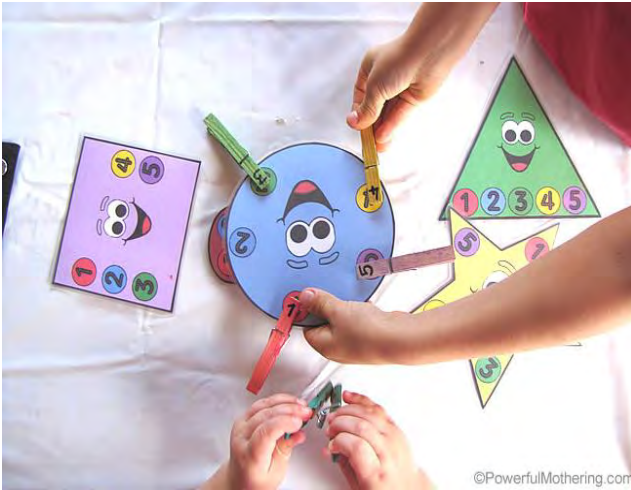


# Toddler: 1-3 Years

## Areas of Development

### 1. Fine Motor Skills

Fine motor skills refer to the movement and control of the smaller muscle groups, which include the hands, fingers, feet and toes.<sup>4</sup> Fine motor skills allow toddlers to grasp, hold, pinch and manipulate smaller objects.<sup>5</sup>

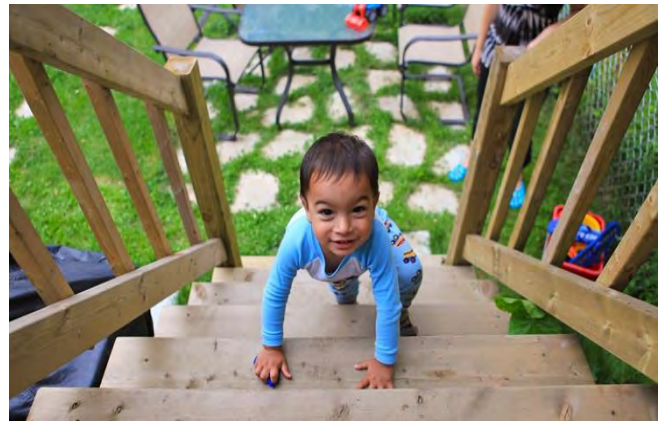


Toddlers will demonstrate a rapid increase in fine motor skills development. During toddler development, children will begin to demonstrate more complex skills that allow them to engage in certain tasks, e.g. independently holding a pencil or drinking from a cup. Over time, toddlers may begin to demonstrate a hand preference, and may be able to screw jars or turn doorknobs.<sup>6</sup>

### 2. Gross Motor Skills

Gross motor skills refer to the whole-body movements, control and coordination of the larger muscle groups, which include upper and lower limbs and other large body parts.<sup>7</sup>

Toddlers demonstrate rapid growth and development in their gross motor skills. Children in toddlerhood will begin to develop complex gross patterns, which will further help to improve their balance and coordination. Your child will begin to demonstrate their ability to crawl, walk, run and climb.<sup>8</sup>



<sup>4</sup> <https://www.earlyyearscount.earlychildhood.qld.gov.au/age-spaces/developing-fine-motor-skills/>

<sup>5</sup> <https://www.education.vic.gov.au/childhood/professionals/learning/ecliteracy/emergentliteracy/Pages/finemoto.aspx>

<sup>6</sup> <https://www.pregnancybirthbaby.org.au/toddler-development-motor-skills>

<sup>7</sup> <https://earlyyearscount.earlychildhood.qld.gov.au/age-spaces/developing-gross-motor-skills/>

<sup>8</sup> <https://depts.washington.edu/dbpeds/ToddlerDvt.pdf>





## Toddler: 1-3 Years

### 3. Speech and Language Skills

Speech and language are defined as the skills and ways we communicate with others. Speech refers to the physical act of talking, and language refers to a system that uses words as a means of communication.<sup>9</sup>

Speech and language will increasingly develop during toddlerhood. During the earlier periods of toddlerhood, children will begin to learn and understand more words, and therefore may start to understand what is being said to them. In the later periods of toddlerhood, a toddler's vocabulary is likely to double which allows them to communicate more effectively by speaking longer sentences.<sup>10</sup>



### 4. Social and Emotional Skills

Social and emotional development refers to a child's experiences and the way they express and manage their emotions to establish a positive relationship with others.<sup>11</sup>

During toddlerhood, children desire to please adults by choosing to imitate others and by 'helping' with everyday tasks such as shopping, cleaning or cooking, which in return builds self-confidence. Toddlers will also adapt their behaviour and will learn ways to manage conflict and solve problems through the responses from their caregiver.<sup>12</sup>

<sup>9</sup> <https://www.healthlinkbc.ca/health-topics/hw265266>

<sup>10</sup> <https://raisingchildren.net.au/toddlers/development/language-development/language-2-3-years>

<sup>11</sup> <https://www.cde.ca.gov/sp/cd/re/itf09socemodv.asp>

<sup>12</sup> <https://healthyfamilies.beyondblue.org.au/age-1-5/social-and-emotional-development>



## Toddler: 1-3 Years

### 5. Cognitive Skills



Cognition refers to the 'mental action or process of acquiring knowledge and understanding through thought, experience, and the senses.'<sup>13</sup> Toddlerhood is a highly accelerated stage of cognitive development where children begin to grow more complex as they develop in their thinking and problem-solving skills. During the early stages of toddlerhood, your child will start to learn about the world by exploring with their senses, as they demonstrate behaviours such as touching, looking and listening.<sup>14</sup> Toddlers will learn to gain and organise information about their environment and oneself.<sup>15</sup>

<sup>13</sup> <https://www.cambridgecognition.com/blog/entry/what-is-cognition>

<sup>14</sup> <https://www.healthychildren.org/English/ages-stages/toddler/Pages/Cognitive-Development-Two-Year-Old.aspx>

<sup>15</sup> <https://doi.org/10.1080/0300443850220101>



## Fine Motor Skills

### Milestones

Age	Developmental Milestones
<b>12 Months</b>	From 12 months of age, there is a rapid increase in fine motor skills development. Toddlers will develop hand and finger strength, which helps improve independent play skills. This can allow your child to engage in activities such as building a tower of three small blocks, drawing and scribbling, or putting rings on a stick. Toddlers will slowly develop the fine motor skills to twist doorknobs and open lids or jars.
<b>18 Months</b>	Toddlers by the age of 18 months will see improvements in fine motor skills that allow them to engage in self-care occupations. You can expect that your child will be capable of self-feeding themselves with minimal assistance and is able to bring a spoon to their mouth. Increased fine motor skills can further lead to improvements in manipulation. At 18 months, your child should be able to hold cups independently and use their hands and fingers as a method of communication.
<b>24 Months</b>	At 24 months of age, you can expect a toddler's fine motor skills to increase which allows your child to engage in new occupations such as enhanced feeding skills through eating without assistance. With this phase, they develop pincer-grip grasps such as pad-to-pad grasp, which is exhibited through picking up small items with the pads of the thumb and index finger.
<b>36 Months</b>	Key development milestones for toddlers of 36 months include posture and large movements, visual perceptions and communication. Typically developed children are expected to exhibit behaviours such as increased prehension with building towers of nine small blocks while displaying hand manipulation skills of palm-to-finger translation while standing. Hand skills such as hand preference and use of non-dominant hand to stabilise and support play behaviours when utilising objects.



## Activities which promote fine motor development

### 1. Playdough Fun

Families can provide playdough to toddlers during playtime which can be bought readymade from the shops or made easily at home (see below recipe). This activity allows your child to play and experiment with playdough and promotes development in fine motor skills as they are encouraged to roll, pinch, squeeze and stretch the dough into whatever they decide to create. Caregivers can further encourage fine motor movements by having their child cut the playdough with a safe tool.



### Easy Play Dough Recipe

#### Ingredients

- 1/2 cup salt
- 1 cup plain flour
- 2 tbs cream of tartar
- 1 cup water
- 1 tbs oil
- 3 drops liquid food colouring

#### Method

1. Mix all ingredients together in a medium-sized saucepan.
2. Stir over heat until dough is pliable.
3. Allow to cool, and store in a well-sealed plastic bag or container.

### 2. Painting



Painting is a simple and fun activity for toddlers, and is an effective way to increase fine motor skills development. Toddlers can benefit from different styles of painting. For example, finger painting gives toddlers an opportunity to get messy and experiment with their hands and fingers, which helps strengthen finger and hand muscles. Brush painting helps toddlers improve their control and manual dexterity.





## Toddler: 1-3 Years

### 3. Rice Race

Set out two even bowls (plastic) of uncooked rice and an empty bowl on the side. Grab some plastic tweezers for both you and your child. The aim of the activity is to use the tweezers to race and see who can transfer their rice into the empty bowl first. This tests your child's hand-eye coordination and ability to use their fine motor skills to appropriately grip, pick up and transfer the rice into the other bowl. If the grains of rice are too small; cereal or pony beads are a great alternative.<sup>16</sup>



### 4. Threading Activity



Setting up this activity is easy and only requires different colours of wooden spools, shape buttons or pipe cleaners. Toddlers are given an opportunity to use their imagination and fine motor skills i.e. hands and fingers, to pick up and thread wooden spools and shaped buttons through a pipe cleaner in a sequence that is sorted by colour, shapes and/or a particular pattern.<sup>17</sup>

<sup>16</sup> <https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/movement-coordination-issues/6-fine-motor-activities-for-young-kids>

<sup>17</sup> <https://www.learning4kids.net/2015/05/25/threading-activity-for-kids/>



## Gross Motor Skills

### Milestones

Age	Developmental Milestones
<b>12 Months</b>	By this age, a 12-month toddler should have no problems crawling on their belly. Further movements involve the capability for the toddler to move by creeping on their hands and knees. Toddlers should be able to walk independently with support from furniture and take 2-3 steps independently. Other forms of gross motor skills involve the transitioning between different positions, such as lying on their belly to all fours or sitting down. A toddler at 12 months should be able to explore their environment and gain sensory input from their surroundings.
<b>18 Months</b>	An 18-month toddler should show an increase in muscle development, which allows the toddler to crawl, sit and walk more easily. Although they still have a wide gait (manner of walking), their ability to walk and run is less clumsy. By this age, they should also be able to push against objects such as a ball with their arms or legs, but not necessarily hit or kick. This will establish playful skills within a more active environment.
<b>24 Months</b>	An increase in gross motor skills for a 2-year-old toddler helps their ability to smoothly run and walk amongst a variety of obstacles, such as sharp corners and slightly steep or uphill platforms. Toddlers will show an improvement in mobility, strength and coordination as they demonstrate their ability to climb up and down furniture and stairs with sufficient support. They can carry the weight of objects e.g. toys and food whilst walking around as well as being able to pick up toys and bend over without falling over. Their sense of balance and stability increases by 2 years of age.
<b>36 Months</b>	By 36 months of age, a toddler will have an increased awareness of its environment and its obstacles by knowing how to coordinate and plan different movements such as climbing, walking and jumping on both two feet. Therefore, the use of jungle gyms, ladders and toddler playgrounds will bring social confidence to a toddler in active situations. They should have developed play skills such as knowing how to pedal on a tricycle, and simple single and unison bilateral movements e.g. kicking or raising both arms up. Toddlers by 3 years are also expected to know how to walk down the stairs with alternative footsteps and know how to balance themselves on one foot and their tip toes. <sup>18</sup>

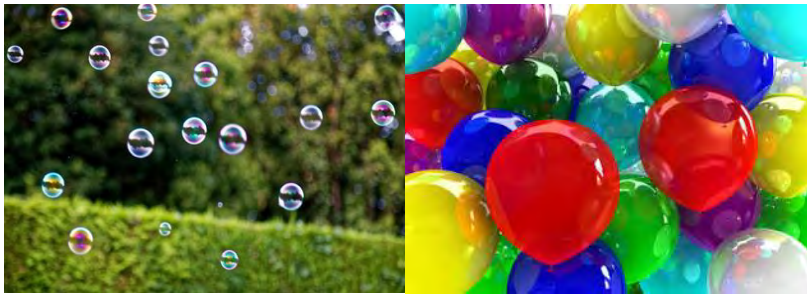
<sup>18</sup> <https://childdevelopment.com.au/resources/child-development-charts/gross-motor-developmental-chart/>



## Activities that promote gross motor development

### 1. Bubble and Balloon Play

Using balloons and bubbles during playtime can encourage toddlers to use their gross motor skills. Bubble play keeps toddlers interested and entertained as it is difficult to predict where the balloons will go. Toddlers can chase, run, jump and make movements that require a sudden shift in weight and balance in order to pop the bubbles. In the same way, balloons are light, can be caught, thrown or kicked which require movements from larger muscle groups.



### 2. Playground Play



Playground play is simple, and can have many benefits for your toddler. Your toddler is given an opportunity to explore the various equipment and playsets that are available to them. Playground play is an effective way to increase gross motor skills as they are encouraged to walk, run, climb and crawl around the playground. Toddlers may also be encouraged to play with playground equipment such as wobble bridges or rope ladders if they are prepared for a challenge.

### 3. Obstacle Courses

Set up an indoor or outdoor obstacle course for your child to complete. An example of an indoor course involves a combination of furniture, pillows and blankets to create obstacles that allows your toddler to crawl and move on, under and through the course. On the other hand, an outdoor obstacle course can encourage movements such as crawling, balancing, running and jumping by using hula-hoops, witches' hats and cones, which encourage belly crawling and other series of movements that improve and strengthen your child's gross motor skills.



## Toddler: 1-3 Years

### 4. Dancing

Dancing is an effective method of improving gross motor skills. Toddlers are able to have fun while developing skills such as motor sequencing, balancing and coordination. Songs such as “The Hokey Pokey” or “I’m a Little Teapot” use lyrics that involve movement, and are recommended for younger children to further help them build a sense of rhythm. Toddlers can also benefit from dancing as their muscular strength and endurance will increasingly improve.<sup>19</sup>



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<sup>19</sup> <https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/movement-coordination-issues/8-gross-motor-skills-activities-for-kids>





## Speech and Language Skills

### Milestones

Age	Developmental Milestones
<b>12 Months</b>	At 12 months of age, a toddler will mostly communicate through unique noises and babble, and be partnered with a few gestures. Toddlers at this age can understand up to 10 words and they will try to imitate those sounds. Toddlers will begin to recognise their own name and are able to respond to common greetings and gestures. Toddlers will know how to keep eye contact with whom they are communicating with.
<b>18 Months</b>	An 18-month-old toddler will know how to speak between 6 to 20 words, and they will understand up to 50 different communicating gestures and short statements. They will know how to react and adapt to different styles of communication such as knowing the name and colour of pointed out objects, as well as learning how to follow instructions such as “eat your food”. At this age, the toddler will develop skills for socialisation and talking, as they will try to copy heard phrases and will learn to communicate by imitating day-to-day actions such as answering the phone and saying, “bye” or “hello”.
<b>24 Months</b>	Their increased awareness to different sayings will also teach them how to follow 2-part instructions, as well as knowing how to understand and answer a wider range of phrases. This includes questions through the form of asking who, what, where and when. As well as questions where they can point to objects, colours and body parts asked. By this age, they will have developed communication skills where they should know how to say up to 50 single words and how they want to portray that word through the use of tone. They will understand and speak what is in their possession, such as, “my” and “mine”. Furthermore, they will know how to communicate what they do, or do not want.
<b>36 Months</b>	Toddlers who are 3 years of age will now know how to formulate simple, up to 5-word sentences, and understand the topic that is being conversed about. They will learn how to ask simple questions and will know how to understand and speak in different tenses such a past, present and future. Through the understanding of more complex sayings and phrases, they can say a wider variety of names, locations and actions as well knowing how to be descriptive. This will build skills for future reading and pronunciation of words to help them with a range of different communicating needs. <sup>20</sup>

<sup>20</sup> <https://speechpathologyaustralia.cld.bz/Communication-Milestones-A4-sheets/2-3>



## Toddler: 1-3 Years

### Activities and ideas that promote speech and language development

#### 1. Singing and Music



Playing music and singing songs with your child is an effective approach to improving speech and language. Singing songs can help toddlers improve their vocabulary and improve literacy and numeracy skills. Through singing songs and playing music, toddlers can identify patterns and learn through repetition. Singing songs may also help build their confidence when communicating with others. Furthermore, speech and language are improved as exposure to music can further enhance a child's ability to interpret sounds and words.<sup>21</sup>

#### 2. Pretend Play

Playing pretend play with your child is a good opportunity for them to experiment and learn about speech and language. During pretend play, toddlers will become exposed to new vocabulary, and will learn to use these words in an appropriate context. Through role play, children will learn to choose their words carefully in order for others to understand what they are trying to get across. Similarly, toddlers will focus on listening on what others are saying, to understand the context within their environment.<sup>22</sup>



<sup>21</sup> <https://www.playgroupnsw.org.au/ParentResources/EarlyChildhoodDevelopment/importance-of-music-toddler-development>

<sup>22</sup> <https://www.pentagonplay.co.uk/news-and-info/why-pretend-play-is-important-to-child-development>



## Toddler: 1-3 Years

### 3. Reading Activities



Reading is an effective way for toddlers to develop their speech and language skills. Caregivers can read books with their children to help improve their vocabulary and capability to listen, understand, connect and sound words. Reading can encourage your child to experiment and act out the main story of the book. Furthermore, books provide opportunities for the child to practice different kinds of speech, for example, there are many styles of books which may include rhyming and repetition. This style of writing can improve the literacy skills of your toddler.

### 4. Draw and Scribble

This activity is simple and easy to set up, and involves your toddler using their imagination and creativity to create a piece of work with a pen, pencil, marker or crayons. Firstly, this activity is a great way to refine fine motor skills and control. However, drawing and scribbling provides an opportunity for your child to practice their speech and language by talking to you about what they are creating. Your child can learn literacy skills and may be encouraged to write their names on each piece of their artwork.<sup>23</sup>



<sup>23</sup> <https://raisingchildren.net.au/preschoolers/play-learning/literacy-reading-stories/literacy-activities>



## Social and Emotional Skills

### Milestones

Age	Developmental Milestones
<b>12 Months</b>	At 12 months of age, toddlers may begin to show signs of fear when placed in situations that they are not familiar with. Toddlers at 12 months naturally desire to connect with their environment and those around them, therefore they may begin to repeat certain sounds or actions to get the attention of others. As the toddler continues to grow, they are expected to follow simple instructions and may demonstrate signs of independence by resisting help from others.
<b>18 Months</b>	Toddlers at 18 months of age may begin to throw tantrums and may require help to cope with these tantrums. During this period, toddlers will begin to independently explore their surroundings with their caregiver close by. At this age, it is normal for children to begin playing pretend or modelling other behaviours. An example of this can be feeding their toy doll or pretending to talk on the phone. Toddlers will seek more attention from their caregiver by demonstrating joint attention. An example of this can be when a child points to an object and looks at their caregiver to make sure that they see it too.
<b>24 Months</b>	At 2 years of age, it is normal to observe your child copying and imitating others – older children and adults in particular. As your child continues to grow more independent in the way that they live, they are able to follow simple instructions, however, they may begin to show signs of unwanted and defiant behaviour. Children at 24 months will often engage in parallel play, which means that your child plays alongside other children, however it is also the beginning of them learning to include and play with other children.
<b>36 Months</b>	Once again, independence is increasingly developed by 36 months of age. This is demonstrated when children begin to understand the concept of belonging, e.g. they will understand the ideas of “his”, “hers” or “mine”. Major changes in the daily routine of a 36-month-old toddler may cause them to feel anxious and/or uneasy. Around this age, toddlers will learn the concept of taking turns when playing a game with other children, and are expected to follow simple 2-3 step instructions. Complex social-emotional skills are further developed as toddlers may demonstrate their concern for a friend who is sad or upset. <sup>24</sup>

<sup>24</sup> <https://www2.ed.gov/about/inits/ed/earlylearning/talk-read-sing/feelings-milestones.pdf>





## Activities and ideas that promote social-emotional development

### 1. Parallel Play



Parallel Play encourages play behaviours which enhance social-emotional development for toddlers. Parallel is an element of social play as it enables children to play adjacent to each other.<sup>25</sup> It influences play behaviours as children develop interest in peers of similar age, and as a result begin to enjoy the company of others.<sup>26</sup> This is crucial as it is a stage where children have not considered share play or interacted with other toddlers within play. For example, children play with building blocks alongside each other but do not communicate or socialise. Thus, children will play alone but display attraction with the play behaviours of others and as a result influence each other's play experience.

### 2. Symbolic Play



Symbolic Play is a crucial element that increases social-emotional development. It enables toddlers to engage in imaginative play activities which illustrates personality, emotional expression and self-help skills. Symbolic representation is demonstrated in the Preoperational Stage of play through the use of objects, actions and representing these through a range of ideas of play behaviours.<sup>27</sup> For example, symbolic play encourages toddlers to deal with emotional conflict and solve social issues within varying scenarios of play behaviours. Although child behaviours vary,

it is a phase of susceptibility to environmental stimuli and as a result they take on responsibilities by assigning roles, communications and sharing role play.<sup>28</sup>

<sup>25</sup> Stagnitti, K. (2006). *Child Initiated Pretend Play Assessment (ChIPPA):Co-ordinates Publications.*

<sup>26</sup> Frost, J., Wortham, S. & Reifel, S. (2011). *Play and child development* (4th ed.). New Jersey: Pearson.

<sup>27</sup> Stagnitti, K. (2006). *Child Initiated Pretend Play Assessment (ChIPPA):Co-ordinates Publications.*

<sup>28</sup> Frost, J., Wortham, S. & Reifel, S. (2011). *Play and child development* (4th ed.). New Jersey: Pearson.



## Cognitive Skills

Age	Developmental Milestones
<b>12 Months</b>	By 12 months of age, they will learn how to interact with their environment and the people around them. They do this by banging, throwing and shaking different objects. They explore this concept by creating their own experiments and learning cause and effect by creating different noises with objects, using water to pour in and out of cups/toys and evaluating what happens when you let go of items. A toddler by 12 months should now understand how to correctly use commonly used items such as a toothbrush, spoon, hairbrush etc.
<b>18 Months</b>	An 18-month toddler can identify frequently used items such as a toothbrush, a phone and a fork. They should also know how to use these items, as well as imitate the actions involved e.g. brushing your teeth, taking a phone call and/or feeding a toy doll. A toddler by this age, will continue to use more objects such as a crayon to learn how to scribble and/or drink water from a cup.
<b>24 Months</b>	At two years of age, they explore their environment by finding items that are laying around and intentionally hiding these items to search for. They will also learn how to identify and categorise objects and colours, and this will influence playful skills where they should be able to build towers with 4 or more blocks and sort out different shapes. They will also begin to dress up and create make believe games, talk simple, complete sentences, that are familiar to them and follow simple two-step instructions. By this age, a toddler will know what is their most dominate hand and use that more often to complete tasks.
<b>36 Months</b>	Cognitive development by 36 months of age increases social awareness as they start to implement people, dolls and animals in their make-believe games. They learn how to work with them and create scenarios. Their mathematical stage also develops at this age, as they should start learning how to count. They start to build taller towers of more than 6 blocks, and from a crayon scribble they will know how to copy simple shapes, like a circle. They will have a greater understanding of how items work such as screws, opening of jar lids and door handles. They can complete simple puzzles through trial and error and workout how buttons, levers and various body parts work. <sup>29</sup>

<sup>29</sup> <https://www.virtuallabschool.org/infant-toddler/cognitive/lesson-2>



## Activities that promote cognitive development

### 1. Puzzles



Puzzles are simple yet effective as they challenge a young child's cognitive ability. Families can help their child put together a basic puzzle. This activity can help children develop perseverance, stronger problem-solving skills and memory skills. Toddlers will learn to rotate, flip and slide pieces into position and further encourages children to be alert for particular pieces that create an image. Puzzles require children to remember certain colours, shapes and patterns to understand how to fit the pieces together to complete the puzzle.<sup>30</sup>

### 2. Sorting Objects

Parents can find safe and appropriate objects in varying sizes around the house such as plastic cups, containers, blocks or toys, and can ask their child to sort these objects from smallest to biggest or vice versa. This is a simple task to setup and is a great way for toddlers to develop cognitive skills. This activity requires toddlers to differentiate between the sizes of each object to arrange the objects in the correct order i.e. smallest to biggest.



<sup>30</sup> <https://www.earlyyearscount.earlychildhood.qld.gov.au/age-spaces/new-world-drawing-puzzles/>



## Toddler: 1-3 Years

### 3. Name the body part



Parents and family members can play a simple game with their young ones which gives them a challenge and helps to promote their child's cognitive development. This activity involves teaching your child the names of the basic body parts and later pointing to one of the body parts and asking your child to identify it correctly. The aim of this activity is to improve and strengthen your child's memory skills.

### Ideas that can encourage cognitive development

- Provide lots of toys for your child to play with during their bath time. Let their imagination run wild as they enjoy playing make-believe with toys and water.
- Read books with your child.
- Recite nursery rhymes together.
- Name and identify objects.
- Provide simple 2-step directions e.g. "pick up your toys and pack it into the box".
- Provide building blocks to teach toddlers how to stack<sup>31</sup>.

<sup>31</sup> <https://raisingchildren.net.au/toddlers/play-learning/play-toddler-development/thinking-play-toddlers>





## Recommended Resources

- Mary Sheridan's 'From Birth to Five Years: Children's Development Progress' provides extensive information of various behaviours within each stages of infant development.
- To retrieve information of movement development in motor and fine motor skills through stages of development, 'Functional Movement Development Across the Life Span' by Donna Cech can be considered.
- 'Sections from Human Development and Performance: throughout the lifespan' by Anne Cronin provides information of the expected behaviours and occupational performance levels throughout development stages.
- <https://raisingchildren.net.au/preschoolers/videos/social-development> - a video demonstration of social development: children 1-5 years.
- 'Ages and Stages: A Parent's Guide to Normal Childhood Development' by Charles E. Schaefer and Theresa Foy DiGeronimo is a book that provides extensive information on toddler information



## Toddler: 1-3 Years

### Services to assist with child development

Kids in Motion Occupational Therapy

Website: <https://kidsinmotionclinic.com.au/>

Phone number: (02) 4647 9995

Therapy Point

Website: <http://www.therapypoint.com.au/>

Phone number: (02) 4604 5049

Real Therapy Solutions

Website: <https://realtherapysolutions.com.au/>

Phone number: 1300 856 617



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