

PLAYER TIPS

UNIT 1:

Chapter 11 Physical Development of Toddlers pg 304

1. A toddler is a child between one and _____ years of age.
2. Toddlers grow more _____ than infants but go through important physical changes.
3. Cephalocaudal principle is the developmental sequence from the _____ down the spine.

Maturation of Organs pg 305

4. The toddler brain is _____% of the adult brain volume by the end of the toddler years.
5. Synaptic density in the brain increases to _____ that of the adult brain.
6. Myelination aids in the speed of _____ transmission.
7. _____ is the process by which myelin wraps around longer axons and cushions the cell bodies of neurons.
8. Brain growth is impacted by _____ and the toddler's environment.
9. Synaptic density permits additional connections and enables much _____ learning.
10. By 2 years of age, toddlers have as many _____ as the adult brain.
11. By 3 years of age, the synapses are 2 times the _____ of the adult brain.
12. During the toddler years, the heart and _____ become more efficient.
13. Between 12 and 24 months of age, the digestive system improves making toddlers better able to digest _____ foods.
14. Between 18 and 24 months, toddlers can regulate their _____ temperature.
15. Toward the end of the toddler years, the _____ system, which is responsible for removing waste products from the body, matures enough for toilet learning to begin.

Skeletal Growth pg 306

16. Toddlers grow about _____ as much in height during the second year as compared with the first year.
17. Children often _____ their birthweight during the first year but then gain only one-fourth of that amount during the second year.
18. Girls often reach half their adult height by _____ months of age.
19. Boys don't reach half their adult height until around _____ months of age.
20. Children tend to gain 2 to 3 inches and about _____ pounds per year throughout childhood.
21. At 24 months of age, a toddler's head is a little more than _____ their total height.
22. A toddler's _____ and abdomen measurements are about the same circumference.
23. Toddler's bones are more flexible and less likely to break due to the _____.
24. The toddlers' spot spots or gaps between the skull bones are called _____ and closed.
25. The infant has a _____ shaped spine but the toddlers' spine changes to the _____-shape of adult.
26. The S-shape adult spine is also called the _____ curve.
27. The _____ curve allows the posture to become straighter and more upright, making standing and walking easier.
28. Shortly after _____ years of age, a child has the full set of deciduous or baby teeth.

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Large Muscle Development pg 307

29. Large muscle development refers to the development of the trunk, _____ and leg muscles.
30. Movements, such as walking, _____ and running, mainly depend on the large muscles.
31. Movements such as walking, jumping and running are _____-motor skills.
32. Walking usually starts between _____ and 15 months of age.
33. Climbing relates to _____.
34. A courageous toddler is likely to try climbing sooner than a physically timid or _____ toddler.
35. Stepping off low objects at about 18 months is the way children learn to _____.
36. Between 15 and 18 months, toddlers will _____ onto furniture.
37. Around one year of age, children may begin throwing on _____ and usually from a sitting position such as from their high chair.
38. Children less than 3 years of age are not very skillful _____.
39. Children first learn to " _____ " by squatting and picking up an object.
40. Around 2 years of age, children will bend at the _____ to pick up the thrown object.

Small-Muscle Development pg 310

41. Small-muscle development is development of small muscles like _____ and fingers.
42. Eye-hand coordination is ability to coordinate _____ with movement of the hands.
43. Dexterity is the smoothness and ease of _____.
44. By 12 months of age, children begin to develop the _____ grasp which helps them learn many new fine-motor skills.
45. By 12 and 18 months, toddlers can hold a spoon in their _____, feed themselves and drink from cups.
46. By 12 and 18 months, toddlers can also _____ and empty containers, insert rather large objects into holes and build a tower of 2 or 3 soft blocks.
47. *At what age can children take a step or two without support?* _____ months
48. *At what age can children jump up with both feet?* _____ months
49. *At what age can children walk backward?* _____ months

Toddler Eating Experience pg 315

50. Table foods are foods prepared for the _____ family.
51. Children graduate from drinking breast milk or formula and eating baby food to _____ food.
52. Toddlers' appetites _____ as their physical rate of growth slows.
53. Toddlers' self-feeding skills improve as they learn to use a _____ and spoon instead of fingers.
54. Toddlers can get on a food _____ in which the same foods are preferred for days or weeks.
55. One- to two-year-olds in addition to milk or formula, begin eating _____ foods.
56. Complementary foods are foods that provide additional, balanced _____.
57. Two- to three-year-olds start to use the _____ food guidance system.
58. The MyPlate food guidance system was developed by the United States Department of _____.

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UNIT 1:

Nutritional Needs of One-to-Two-Year-Olds pg 316

59. The MyPlate plan includes _____ food groups which include A) fruits B) Vegetables
C) _____ D) Dairy and E) _____
60. The MyPlate plan does not include _____ which are essential to a healthy diet.

Special Nutritional Needs pg 317

61. *Food _____* are when the body has a negative response to a food.
62. A registered dietitian nutritionist can develop a food plan for children with food _____.
63. A physician or registered dietitian can make special recommendations for the following reasons A)unusual _____ or weight B) Family history of _____gain C)Physical activity level
D)_____ and other illnesses E) Disorders present at _____ such as PKU

Preventing Food Problems pg 319

64. Toddlers can easily choke on foods, especially when actively _____.
65. Toddlers who are crawling, creeping, _____ or running while eating are more likely to choke.
66. Toddlers who are _____ or standing while eating are less likely to choke.
67. Toddlers should avoid popcorn, _____, raisins, hot dogs, peanut butter and hard candy.
68. Feeding issues can occur as _____ and development slow.

Clothing for Toddlers pg 320

69. Clothes should fit so toddlers can move _____.
70. Toddlers should _____ on clothes to ensure proper fit.
71. Self-dressing features allow for _____.
72. Shoes should have ½-inch space between the large _____ and the shoe.
73. Clothing may also have safety, comfort, _____, quality-construction, and easy-care features.
74. The most accurate sizing method for toddlers clothing is the _____ range or weight and height ranges.

Toilet Learning pg 323

75. Readiness varies from child to child for toilet _____.
76. The average age for complete day control is _____ months.
77. Toddlers should not begin learning during times of _____.
78. Regression is the going back to an _____ stage of development.
79. Adults must provide a supportive _____ and encouragement.
80. Training pants help lessen the _____ of accidents.
81. Training pants are made of a disposable diaper material for _____ or wading use.

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UNIT 1:

Encouraging Physical Activity pg 325

- 82. Eliminate or reduce time spent on _____ media.
- 83. Select play equipment that encourages _____ movement.
- 84. Plan some _____ activities.
- 85. Take toddler to the _____ daily.
- 86. Plan activities that address _____ milestones.
- 87. Set an example of an _____ lifestyle.

Rest and Sleep pg 325

- 88. Toddlers typically need 12 to _____ hours of sleep a day.
- 89. Toddlers may exert independence by _____ rest and sleep.
- 90. Avoid scheduling naptime too close to _____.
- 91. Maintain a _____ sleep schedule.
- 92. Set a bedtime ritual or routine that includes only _____ activities.
- 93. _____ a fearful toddler who wakes during the night with nightmares.