

PLAYER TIPS

UNIT 3:

Unit 3 Chapter 13 pg 362

Seeing Oneself as a Unique Person

1. Toddlers demonstrate their understanding of being a unique person through the following:
 - A) Body awareness by 24 months of age they know and can name at least 7 of their body parts. They can also distinguish their parts from mommy or kitty.
 - B) Sense awareness Toddlers know they can see, hear, touch, taste and smell but may not know which body part does each of those.
 - C) Gender identity
 - D) Object possession is when toddlers define themselves by what belongs to them and will tell you so by saying 'Mine'
 - E) Family names-- toddlers can state their own name and family members' names.
 - F) Cultural assimilation -toddlers begin to notice the physical traits of their ethnic group and the behaviors and values of their cultural group.

Self-Esteem pg 365

- 2 Self-Esteem involves feelings of worth or usefulness and importance.
3. Infants develop self-esteem through the way they are treated by caregivers.
4. Toddlers' self-esteem involves *competence* or belief in one's own abilities and *control* or influence over one's environment.

Autonomy Versus Shame and Doubt pg 365

5. Erikson's second stage of personality development is called autonomy versus shame and Doubt.
6. Autonomy is a form of self-governance in which a toddler seeks to do his or her will.
7. Shame and doubt is associated with constant criticism and overprotecting.

Extending Social Relations pg 365

- 8..Growing motor and intellectual abilities help interactions with others.
9. Toddlers with healthy attachments have a safe base from which to meet others.
10. Toddlers interact with other children more after two years of age.
11. Having more than one caregiver helps toddlers adjust.

NOTES:

PLAYER TIPS

UNIT 3:

Recognizing Oneself pg 364

12. Toddlers can recognize themselves in the mirror between 15 and _____ months of age.
13. Researchers conducted experiments on toddlers to see if they recognized themselves in _____ what was called “_____ and mirror”.
14. Your toddler can now point to their reflection in the mirror and say their name. What age range is toddler in now? 18 to _____ months of age.

Attachment pg 368

15. Attachment is completed by 12 to _____ months of age.
16. Toddlers show attachment through attachment _____.
17. In _____ *attachment*, toddlers seek out and try to maintain proximity with a caregiver.
18. _____ *attachment* is dangerous to self-esteem.
19. When your child has secure attachments and becomes an adult they will be able to do 4 things including A) _____ themselves B) be confident in their _____
- C) form lasting and _____ relationships with others D) be overall well-_____ 20.
- When your toddler has a sudden emotional outburst of anger this is called a _____ tantrum.
21. Your child is throwing a temper tantrum. There are _____ stages to tantrums including
- A) experiences anger shown by throwing self on the _____, kicking and screaming
- B) Experiences anger and _____, manifested by crying, whining and whimpering.
- C) Feels _____ level drop. D) desires _____
- E) Forgets about tantrum and _____ in other activities.
22. Your two-year-old toddler has had their first _____ which can be caused by 3 things:
- A) fears of being left _____ B) getting _____ C) _____ adults

Social-Emotional Developmental Milestones pg 371

23. There are _____ main social-developmental milestones for children between 12 and 18 months.
- A) Seeks _____ B) shows _____ C) _____ when frustrated
- D) shows intense separation _____
- E) resists _____ and bedtime even when tired and sleepy.
- F) Plays _____ on floor with toys for a few minutes.
- G) Looks at the person who is _____ to him or her.

NOTES:

PLAYER TIPS

UNIT 3:

Social-Emotional Milestones pg 372

24. There are 10 _____ for toddlers between the ages of 18 and 24 months including:
A) Directs another's attention to an _____. B) Says hi, bye and _____ if reminded.
C) Shows some separation _____. D) Is _____ around strangers.
E) Wants things _____. F) Becomes more independent and _____ when challenged.
G) Often responds with _____. H) Uses possessive words like _____ and mine.
I) Shows attachment to a _____ or blanket. J) Responds to simple _____.
25. There are 12 _____-emotional milestones for toddlers between 24 and 36 months including:
A) Verbalizes _____. B) Shows _____ to non-caregiving adults, children and pets.
C) Begins to _____ more with children, especially by chasing after others.
D) Is possessive about _____. E) Fears more _____ and imaginary things.
F) Begins having _____. G) Is _____ and demanding.
H) Has _____. I) Is curious about self and wants to know names of _____ parts.
J) Shows _____. K) Takes _____ especially on slides.
L) Knows much about what is and is not _____ to parents.
26. _____ increases quickly after two years of age.
27. Your toddler knows more objects and situations that can _____ them.
28. Your toddler after age 2 is now _____ of crossing the street or falling from heights and guns
which is called survival fears.
29. *At what age do children respond to simple requests? _____ to _____ months*
30. *At what age do children show love to non-caregiving adults? _____ to _____ months*
31. *At what age do children show intense separation anxiety? _____ to _____ months*

Supporting Self-Awareness pg 374

32. Pay attention when a toddler wants to _____.
33. Provide a place for _____.
34. Encourage self-help _____.
35. Plan specific _____ to enhance self-awareness.
36. There are 7 self-awareness _____ you can do with your toddler. They include:
A) Name the parts of the _____. B) Mirrors--ask who in mirror and say their _____.
C) _____ up like put hat on toddler head D) _____ like a tea party
E) A book about me like place _____ in an album F) Photo gallery keep a _____ album
G) _____ chart you measure the toddler's height on a growth chart and keep a tally.

NOTES:

PLAYER TIPS

UNIT 3:

Helping Toddlers Achieve Autonomy pg 374

- 37. Ensure children's _____.
- 38. Encourage children's _____.
- 39. Allow _____ without criticism.

Balancing Self-Assertion and Obedience pg 375

- 40. Toddlers have difficulty inhibiting _____ and delaying gratification.
- 41. Delay gratification means to wait until _____ to get what is wanted.
- 42. Needs of adults and needs of toddlers may _____.
- 43. Toddlers need attachment relationships for _____ and protection.
- 44. Caregivers need to balance _____ and independence.
- 45. Evaluating how to respond to a situation by getting a social _____ from a more experienced person is called social referencing.

Fostering Self-Assertion pg 376

- 46. Doing what one _____ instead of what others want is called self-assertion.

Teaching Obedience pg 376

- 47. _____ is acting within the limits set by others.
- 48. Toddlers lack _____-restraint.
- 49. Caregivers should: A) set _____ B) provide _____ C) be _____ D) show _____ and respect.
- 50. Your toddler is 18 months old and has a tendency to _____ everything you say or do.
What is your toddler showing signs of? _____
- 51. Your toddler is having _____ developing empathy. There are 6 ways to help them.
 - A) Verbally reflect on how children are _____ rather than immediately saying "Everything is all right."
 - B) Have children practice "reading" feelings in expressive _____ and drawings.
 - C) Ask older toddlers how specific _____ in stories feel in certain situations.
 - D) Read stories about _____.
 - E) Encourage empathy in _____ play such as asking "Does (doll's name) need a nap?"
 - F) Teach words about feelings such as happy, mad, _____ or sad.
- 52. Your toddler has an attachment to a favorite _____ or doll or blanket which is called "loveys".
- 53. Your toddler expresses anger through aggressive acts and _____ tantrums.
- 54. Anger is a very strong emotion that confuses your toddler. What is another word for confuses? _____

NOTES:

PLAYER TIPS

UNIT 3:

Guiding the Toddler's Emotions pg 378

55. You should allow your toddler to have their temper tantrum and not _____ them.
56. The tantrum should be handled _____.
57. Once the child is calm, adults should acknowledge their _____ and show comfort.
58. There are 8 ways to help avoid a temper tantrum in your toddler. They include the following:
- A) Meet the toddler's needs _____ involving the toddler in adult activities like give them a snack.
 - B) Avoid making demands when a toddler is tired, _____ or ill.
 - C) Remove toys or play equipment that seems to _____ the toddler
 - D) Have enough toys to prevent _____ or duplicate toys to share with a friend
 - E) Give in on _____ demands, such as staying up a few minutes later when cousins are visiting.
 - F) Offer _____ before the toddler becomes too frustrated
 - G) Find _____ ways to gain toddler compliance
 - H) Acknowledge signs of _____.
59. Your toddler needs to delay gratification and so you _____ their attention which is also called distraction.
60. Toddlers are _____ which means they are not self-guided by internal values.
61. _____ is a sad mood that continues, affects a person's energy level, social functioning and body functions.
62. Depression affects at least 12 to _____ percent of all mothers.
63. Your toddler is afraid of dogs. There are several ways to help them with their _____ including
- A) Adult _____ about dogs.
 - B) Adult buys toddler a _____ dog.
 - C) Adult _____ dog stories.
 - D) Toddler stands by dog behind a _____.
64. Based on the Harvard Growth Studies, research is leaning toward the belief that some children are genetically vulnerable to _____.
65. Your toddler is afraid of going to bed at night. You can use night lights or _____ to help.
66. Your toddler needs consistency to feel _____.
67. When there is a conflict between toddler _____ and adult expectations children will test limits.

NOTES: