

Physical Development of Toddlers

Body Growth and Development

- Toddlers grow at different rates because of heredity and environment
 - Ex. How tall – Heredity
 - Weight –Environment (diet, exercise, health, emotions)
- Body Proportions are still different from adults
 - At 2 the head is $\frac{1}{4}$ of total height
 - An adult head is $\frac{1}{10}$ of total height
 - At 18 months chest and abdomen are about the same size by 30 months chest is larger
- Shortly after 2 the child has a full set of teeth
- Brain is almost fully developed
 - $\frac{4}{5}$ of its adult weight
 - It is closer to maturity an any other organ

Walking

- Common Traits:

- Wide Feet (base)

- Turn feet outward

- Slightly flexed Knees

- Tiptoes (not learned to lower heels)

- Irregular steps (weaving)

- Arms out



To maintain balance

Running

- Starts around age 2 (depends on how long they have been walking)
- Not skillful because of arm placement

http://www.youtube.com/watch?v=u_2f2ALd6yU&feature=related

Jumping

- Learn by stepping off low objects (about 18 months)
 - Daycare example



Throwing/Catching

- Begins by accident
 - They forget to hold on
- Planned throwing happens around age 1



Hand Eye Coordination

- Ability to coordinate what you see with moving of hands
 - Catching



By 15 Months

- A toddler can do the following
 - Remove hat and socks
 - Insert objects into holes
 - Turn pages of a book
 - Fit objects together
 - Build towers

