



Tresillian

# what I need to know about toddlers



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Tresillian 24 hr Parents Help Line  
(02) 9787 0855  
or 1800 637 357  
(Freecall outside the Sydney Metropolitan area)  
[www.tresillian.net](http://www.tresillian.net)

Speak to a Tresillian Child & Family Health Nurse  
on-line at [ninemsn.com.au/messengermums](http://ninemsn.com.au/messengermums) or  
visit our website at [www.tresillian.net](http://www.tresillian.net)

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DINTMENT  
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Toddlerhood is a time of dramatic change and numerous challenges for both the toddler and their parents. The toddler period starts when your child is 12 months old continuing until they are 3 years old. This is a time period for your child that is critical for their development as their brain is laying down important neural pathways that are influenced by all the experiences they are exposed to.

### Tasks of a Toddler:

A toddler has many tasks they must achieve. They need to learn to:

- identify the difference between themselves and others
- tolerate being separated from their parents
- control their bodily functions (toilet training)
- behave socially and interact with others - to share, wait for their turn, not hurt others
- communicate using language



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#### Characteristics

Some important toddler characteristics include:

- Beginning to use two and three word sentences
- Needing and enjoying routine & rituals, they have difficulty managing change
- Difficulty considering another person's point of view
- Unlimited energy
- Enjoy exploring their environment
- Imitate adults – especially helping with everyday activities cleaning and preparing meals
- Want to be independent – this is often demonstrated through temper tantrums and negativism as they learn to control their world
- Will compete for attention
- Have no fear and no sense of their own limits
- Their appetite is often considerably less than parents would like it to be

#### Parent's Role:

As a parent you have an essential role during this toddler period. Things you can do to help your toddler are:

- Learn about expected developmental behaviours so you have age appropriate expectations for your toddler
- Provide opportunities to experience everyday situations – remember things you take for granted are new experiences for your toddler
- Provide an environment that is rich in language, reading and music
- Provide down time when your toddler can learn to play quietly
- Provide a safe environment for the toddler to play, sleep and grow
- Allow your toddler to practice skills – toddlers enjoy repeatedly playing the same game or reading the same book
- Give your toddler plenty of time – remember you are your toddler's favourite playmate
- Avoid conflict by allowing your toddler limited choices for e.g. do you want a drink of water or juice?
- Learning to know when your toddler is tired, angry and frustrated can assist you avoid conflicts and no win situations

**REMEMBER EACH CHILD IS AN INDIVIDUAL AND DEVELOPS AT THEIR OWN PACE.**

**If you still need further assistance contact the  
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