

# Development

Being a toddler is an exciting time, with so much to learn and explore. It's a time of change, when your child learns many new skills. As parents and carers, you have a great influence on the development of your toddler. Remember – each child is unique and will develop at their own pace.

### WHAT TO EXPECT

Your toddler will develop many new skills as they grow. Some of these include:

- Language and communication skills – by 3 years old, your toddler may speak 3 to 4 word sentences and understand simple instructions.
- Gross motor skills – such as running, jumping, hopping, climbing, and learning to ride a tricycle or scooter.
- Problem solving – solving simple puzzles, using push and pull objects, and playing with toys with buttons and levers.
- Social and emotional development – managing their emotions and how to play with others.
- Fine motor skills – for example holding a pencil, painting, using scissors and building with blocks.

### REALITIES

Screen use

- It is recommended children 2 to 5 years old have no more than 1 hour of screen time per day (including television, tablets or smart phones).
- If your toddler is using screens, choose high quality programs and apps that have an educational component and stay with your child to ensure they are cyber safe.

### SAFETY

Always make sure you keep your child's environment safe and monitor screen use.



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### TIPS FOR HEALTHY DEVELOPMENT

- Children learn through playing and interacting with people. Ensure your toddler has lots of opportunities to play and explore.
- Join in and play with your toddler each day with toys that promote imaginative play, such as blocks, toy animals, cooking sets, cars and trains.
- Play outside.
- Join a playgroup where your toddler can learn to play and share with others.
- Have art supplies such as crayons/pencils/paint available for your child.
- Try new activities – practice builds confidence and self-esteem.
- Read to your toddler every day – this helps with language development.
- Talk to your toddler about what is happening around them. Describing what you see helps with language development.