

AGES AND STAGES

For Nursery Volunteers

Toddlers

(1 1/2 years old - 3 years old)

What am I like?

Physically

I make messes. I am trying to do things "by myself" like eating, drinking and dressing. I may have bladder/bowel control (older toddlers). I walk fast. I can run but awkwardly. I don't fall as much as I used to. I am learning to kick a ball. I can walk up and down stairs (may need to hold on). I can hold spoon, fork, cup but may drip. I can turn the pages of a book.

Emotionally

I am learning to assert myself. I may have a temper tantrum when my needs are not met. I can be demanding and difficult or loving and cooperative. I like to "help" with chores.

Intellectually

I like routine and repetition. I am talking and labeling my environment. I can use words to get what I want. I can role-play (be the mommy or daddy). I am starting to solve problems in my head. I like to look at picture books. I am learning to talk about what I am doing.

Socially

I may prefer to play alone because I don't like to share yet. I will learn to share soon. I like to observe. I imitate adult routines in my play.

What can you do to make me comfortable?

- Ask my parents what works for me
- Invite my parent or guardian to stay with me a short while to make sure I am "settled in"
- Keep me safe
- Be firm but gentle about my safety
- Learn/ use my name
- Smile at me
- Talk to me
- Use short sentences
- Tell me the names of things
- Sing with me
- Read stories to me
- Listen to me
- Never leave me unattended
- Disinfect toys and hard surfaces regularly
- Let me try things myself
- Because I like to observe, don't force me to participate
- Use distractions or diversions to "help" me out of tears or tantrums
- Don't force me to share. I'm not there yet.
- If I am toilet trained, remind my parent/guardian to take me before class to avoid an accident.



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Toddlers Cont.

What do I need in my learning environment?

- Safety first
- A safe enclosed area
- Familiar faces
- Familiar routines
- Multiple toys
- Blocks
- Board Books
- Puzzles
- Blanket, pillows
- Snuggly stuffed animals
- Electrical outlets covered
- Action toys (trains, cars, push/pull toys)
- Cheerios, graham crackers, animal crackers
- Housekeeping area with plastic dishes, utensils
- Small table and chairs
- Simple repetitive songs with simple movements
- Lots of free playtime with brief lesson
- Playdough with safe implements like cookie cutters, popsicle sticks.
- Help me keep it on the table and out of my mouth.
- Use songs to help me know when it's time to sit in circle, put away the toys, etc.
- "Sing" me through the hour
- Baby Wipes and tissue
- Restroom nearby
- Repetition, repetition



Affirmations for Thinking

Eighteen months through two years and ever after

By Jean Illsley Clarke

I'm glad you are starting to think for yourself.

It's OK for you to be angry, and I won't let you hurt yourself or others.

You can say "No!" and push and test limits as much as you need to.

You can learn to think for yourself, and I will think for myself.

You can think and feel at the same time.

You can know what you need and ask for help.

You can become separate from me, and I will continue to love you.