

Positive Parenting Tips: Toddlers

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Between the ages of 1 and 2, your child is becoming increasingly more mobile, and aware of himself and his surroundings. His desire to explore new objects and people is also increasing. During this stage, your toddler will show greater independence, begin to show defiant behavior, recognize himself in pictures or a mirror, and imitate the behavior of others, especially adults and older children. Your toddler will also be able to recognize names of familiar people and objects, form simple phrases and sentences, and follow simple instructions and directions.

Here are some positive ways to help the development of your toddler between the ages of 1 and 2:

- Read to your toddler daily.
- Ask her to find and name objects and body parts.
- Play matching games.
- Encourage him to explore and try new things.
- Help develop your toddler's language by talking with her.
- Encourage your toddler's curiosity and ability to recognize common objects by taking a bus ride or going to the park.

Because of your child's growing desire to assert his independence, the stage between ages 2 and 3 is often called the "terrible twos." However, this can be an exciting time for you and your toddler. He will experience huge intellectual, social, and emotional changes that will help him to explore his new world, and make sense of it.

During this stage, your toddler will be able to follow two- or three-phrase commands, sort objects by shape and color, imitate the actions of adults and playmates, and express a wide range of emotions.

Here are some positive ways to help the development of your toddler between the ages of 2 and 3:

- Set aside special time to read books with your toddler.
- Encourage your child to engage in pretend play.
- Play parade or follow the leader with your toddler.
- Help your child explore her surroundings by taking her on a walk or wagon ride.
- Encourage your child to tell you his name and age.
- Teach your child simple songs like *Itsy Bitsy Spider*, or other cultural childhood rhymes.

Proper nutrition, exercise, and rest are very important for children's health and development. Providing a safe and loving home and spending time with your child – playing, singing, reading, and even just talking – can make a big difference in his or her development.

To learn more about child development, visit www.cdc.gov.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO 24/7.