



TODDLERS



Try to understand **red bolded** words from context. Quiz at end.

What comes to mind when you think of a toddler? In other words, a child between the ages of one and three or four. Chances are the word toddler evokes a number of images from the way they look, to the way they talk, play and behave.

Both physically and mentally, toddlers change from one day to the next. They're learning to speak in sentences and communicate ideas. They can even follow simple instructions like, please sit down, don't hit your brother!

By the end of **toddlerhood**, all 20 baby teeth will have grown in. So if a child is not a **picky eater**, it's time to become **familiar with** new textures and flavors.

In fact, every day is about learning. Sometime between two and three, a toddler will be ready to **potty train** and do other simple activities like running, climbing or even **riding a tricycle**. One thing's for sure, life is about movement and discovery.

Vocabulary

toddlerhood - the state of being a toddler (young child between 1 and 3, or 4 years old).

picky eater - someone who is unwilling to eat new or unfamiliar foods.

to become familiar WITH - to establish knowledge about; to become acquainted with.

to potty train - the process of teaching oneself or another to use the toilet.

tricycle - a vehicle that is similar to a bicycle, but with three wheels.



In the U.S., an estimated 61 percent of children under the age of five have some sort of childcare arrangement. Of those children, the majority are **cared for** by a relative, some have a **nanny** or occasional **babysitter**, while others attend **daycare centers**, **nurseries** and **preschools**.

As of 2018, 40 percent of three-year-olds in the U.S. were enrolled in a preschool program. That, of course, isn't to say that parents aren't around.

According to Pew Research, one out of five U.S. parents chooses to be a stay-at-home mom or a stay-at-home dad. They'll be the first to admit that parenting is a job to do. To do it well takes patience and energy. Even the most loving parents aren't **immune to** temper **tantrums**.

Have you ever seen a perfectly happy child throw themselves on the ground and scream because they don't get what they want? That behavior is called a temper tantrum, and children around the age of two might **throw tantrums** wherever and whenever they like. We often call that stage of development the "terrible twos."

Vocabulary

to be cared FOR - to be looked after and provided for.

nanny - an *employee* who cares for a child at home.

babysitter - a person who looks after babies or kids when parents aren't around.

daycare - a business that cares for children.

nursery - a place that cares for young children (fewer than a daycare).

preschool - schooling that comes before kindergarten or elementary school.

immune TO - not affected by.

(to have / throw) a tantrum - to have an outburst of anger or frustration. Characterized by screaming, crying, hitting, etc.

pediatrician - a medical practitioner specialized in babies and children.

motor skills - abilities related to controlled movement of the body.



If you ask a pediatrician about it, they might say that this behavior stems back to a strong desire to be independent while lacking verbal and motor skills to achieve one's goal. For example, a child might try and put on a pair of shoes and **throw a fit**, or a **tantrum**, when they're unable to do so.

They might **have a meltdown** when they don't get to choose the color of their shirt.

Another common challenge for parents is teaching a child how to share. You may hear an American mom saying sharing is caring, or come on, let's **take turns**. And in response, see a two-year-old **yank** a **doll** out of another child's hands.

So how do American parents deal with misbehaving? Well, that depends on the parent and also the behavior.

What should you do if your child hits a sibling?

- Do you put them **in time out**?
- Do you **spank** them?

What if they act up in the grocery store because you refuse to buy them a chocolate bar?

Vocabulary

(to have) a fit - a tantrum; overreaction. Adults AND children can have fits.

to take turns - to alternate.

to yank - to pull quickly with force.

doll - a small plastic or cloth figure / toy that personifies a human (often babies + young girls).

sibling - a brother or sister.

(to put) IN time out - to sit quietly and not participate as punishment.

to spank - to hit the butt of another firmly with the palm of one's hand; a common form of punishment.

to act up - to misbehave.

to give in - to cease fighting; to allow; to yield.



Do you distract them by focusing on something else?

- Do you try and negotiate with them?
- Do you give in?

Many parents decide early on how to discipline in order to remain consistent. And although there are plenty of strategies on how to deal with misbehavior, it's always helpful to know what **triggers** it. Is it sibling jealousy? Are they **cranky** and **defiant** because of hunger? Or exhaustion? If so, sometimes a simple **nap** can **work wonders**.

In a toddler's eyes, the ideal parent would let them play every waking hour of the day. They'd love to **stack blocks** and do **puzzles**, play with LEGOS, **Play-doh** or **action figures**. **Hands down** a toddler would enjoy drawing with **chalk**, coloring in a coloring book with **crayons**, or maybe even coloring on the walls.

As a parent, you may find yourself running through the **sprinklers** on a hot summer's day, blowing bubbles or even **playing pretend**. Activities like these can awaken the child in oneself.

Vocabulary

cranky - irritable; in a bad mood.

defiant - disobedient.

(to take) a nap - brief period of sleep in the day.

(to stack) blocks - cube-shaped toys with flat sides.

puzzle - a game whose pieces can be connected and rearranged to create a picture.

Play-doh - a soft, colorful dough used for moulding.

action figure - a character (such as a superhero), often made of plastic.

chalk - a material (calcium carbonate) with which one can write or draw.

crayons - a waxy material used to color/write/draw.

sprinklers - a device that sprays water in small drops.

to play pretend - to play make believe; to take on different character roles.



If the toddler is not **on a sugar high** and **bouncing off the walls** at night, it might be time for peace and quiet. You can sit on the edge of their bed and read them a bedtime story before **tucking them in**. You might even want to sing them a **lullaby** to help them **drift off** to sleep.

Vocabulary

to bounce off the walls - to move around with a lot of energy. Often used to describe kids who have eaten too much sugar.

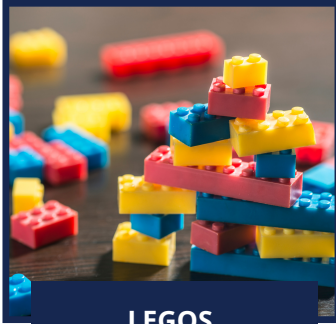
to tuck (someone) in - to make another person comfortable while they lay in bed before sleep. Involves pulling up the covers.

lullaby - a quiet, soothing song sung to young children before sleep.

to drift off - to fall asleep.



VOCABULARY



LEGOS



Play-Doh



action figure



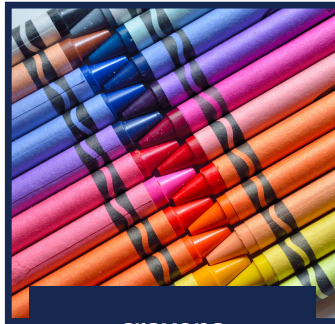
doll



to stack blocks



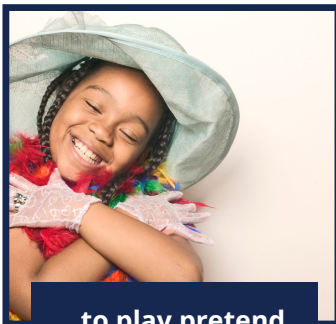
to draw



crayons



puzzle



to play pretend



chalk



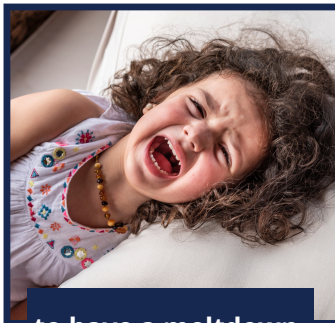
sprinklers



coloring book



to throw a tantrum



to have a meltdown



to take a nap



preschool



LISTENING COMPREHENSION



IS THE FOLLOWING TRUE OR FALSE?

1. During toddlerhood, all baby teeth grow in.
2. Potty training is a skill that is learned *before* toddlerhood.
However, it's a skill that can be practiced during it.
3. In the U.S., over 60% of children under the age of 5 have some sort of childcare arrangement.
4. 40% of children, as of 2018, were enrolled in pre-school.
5. Disciplining can be difficult. However, 90% of U.S. parents agree that spanking is an effective disciplining method.
6. Two triggers for toddler misbehavior were mentioned in the audio: hunger and exhaustion.
7. In English, we can "draw" with chalk.
8. Pediatricians say tantrums may be a product of a child's desire to be autonomous while lacking the verbal and motor skills to accomplish one's goals.
9. According to the audio, all toddlers in the U.S. love running through the sprinklers.
10. Lullabies are loud songs sung to wake children up in the morning.



WORD DISCOVERY



CHOOSE THE BEST DEFINITION FOR THE BOLDED WORD.

1. For example, a child might try and put on a pair of shoes and throw a fit, or a tantrum, when they're unable to do so. They might **have a meltdown** when they don't get to choose the color of their shirt.
 - a. to get really hot
 - b. to have an explosion of emotion (anger, sadness, etc.)
 - c. to have a good attitude

2. And although there are plenty of strategies on how to deal with misbehavior, it's always helpful to know what **triggers** it. Is it sibling jealousy? Are they cranky and defiant because of hunger or exhaustion?
 - a. to cause an event or action to exist
 - b. to irritate
 - c. to emphasize

3. Are they cranky and defiant because of hunger? Or exhaustion? If so, sometimes a simple **nap** can work wonders.
 - a. a new diaper
 - b. a drink
 - c. a brief period of sleep during the daytime

4. **Hands down** a toddler would enjoy drawing with chalk, coloring in a coloring book with crayons, or maybe even coloring on the walls.
 - a. Without a doubt; 100%
 - b. Maybe
 - c. There's no way

5. If the toddler is not **on a sugar high** and bouncing off the walls at night, it might be time for peace and quiet.
 - a. to be allergic to sugar
 - b. to have a craving for sugar
 - c. to be under the influence of sugar

ANSWERS ARE PROVIDED AT THE END OF THE DOCUMENT



VOCABULARY QUIZ



COMPLETE THE FOLLOWING SENTENCES WITH ONE OF THE WORDS BELOW.
YOU WILL NOT USE ALL WORDS. YOU MAY NEED TO CONJUGATE.

cranky	to stack	Play-doh	sibling
toddlerhood	chalk	to yank	babysitter
defiant	sprinklers	a doll	picky eater
to act up	lullaby	a puzzle	daycare

1. You only ate McDonald's while on vacation in France?! What's wrong with you? You're such a _____!
2. I have one brother. Do you have any _____?
3. Please don't _____ on the curtains, they can fall off the wall.
4. Why is he so _____? I've asked him to pick up his toys five times and they're still on the floor!
5. She seems _____ this morning! Maybe she didn't sleep well.
6. At night, right before my son goes to sleep, I sing him a _____.
7. The grass seems dry, you should turn on the _____.
8. Are there any _____ in town accepting 2 year olds?
9. We should hire a _____ for this Friday night so we can go to the concert!
10. To the disapproval of the mother, the nanny mixed all of the _____ colors.
11. Which _____ is her favorite? Is there one that she prefers to nap with?
12. Feel free to draw with _____ on the pavement in the backyard. We don't care!
13. One baby _____ the blocks, while the other knocked them down.

ANSWERS ARE PROVIDED AT THE END OF THE DOCUMENT



FILL IN THE BLANK QUIZ



FILL IN THE BLANK WITH THE CORRECT WORD / PREPOSITION.

1. He couldn't stay awake! About half-way through the movie he drifted _____ to sleep.
2. I want *you* to tuck me _____, not mom!
3. You two need to learn how to take _____. First Johnny, then you can have the toy.
4. Let's play _____. You can be a prince and I'll be the princess.
5. Honestly, when a kid asks for something 20 times, it's hard not to give _____.
6. It's raining outside, maybe we should make hot chocolate and _____ a puzzle.
7. Last week, he made paper airplanes and threw them around the classroom when the teacher wasn't looking. If he acts _____ again, he's probably going to be suspended.
8. My significant other takes care _____ me. He cares _____ me.
9. I'm not familiar _____ the rules at daycare.
10. His grandmother wasn't immune _____ the virus and got sick.
11. She's been misbehaving all day, it's time to put her _____ time out.

ANSWERS ARE PROVIDED AT THE END OF THE DOCUMENT



CONVERSATION QUESTIONS



DISCUSS THESE QUESTIONS WITH A LANGUAGE PARTNER OR TEACHER.

1. Can you remember the early years of your life?
 - a. What is your first memory?
2. Were you a **picky eater**?
 - a. What types of food did you regularly eat as a kid?
 - b. What types of food did you refuse?
3. When you were a toddler, what type of childcare did you receive?
 - a. Did you have **nanny** or a **babysitter**? What were they like?
 - b. Were you cared for by a relative? Did you have a **stay-at-home** parent?
 - c. Did you attend a **daycare**?
4. Do have children?
 - a. If so, can you remember a time when they **threw a tantrum**? Talk about it.
 - b. If not, can you remember a time when you **threw a tantrum**?
5. How do you / would you discipline a **defiant** toddler?
 - a. Do you think that **spanking** is an effective way to teach good and bad behavior?
6. If you were a toddler, what would your typical day look like?
 - a. Would you spend your time doing coloring with **crayons** or drawing with **chalk**?
 - b. Would you play with stuffed animals, action figures or dolls?
7. What were your favorite toys as a toddler?
8. Did your parents **tuck you in** at night?
9. Have you ever **drifted off** to sleep in an inconvenient location?



ANSWERS



LISTENING COMPREHENSION

1. **True.** During toddlerhood, all baby teeth grow in.
2. **False.** Potty training is a skill that is learned *during* toddlerhood.
3. **True.** In the U.S., over 60% of children under the age of 5 have some sort of childcare arrangement.
4. **True.** 40% of children, as of 2018, were enrolled in pre-school.
5. **False.** Disciplining can be difficult. However, 90% of U.S. parents agree that spanking is an effective disciplining method. *No stats were mentioned about parenting methods.*
6. **True.** Two triggers for toddler misbehavior were mentioned in the audio: hunger and exhaustion.
7. **True.** In English, we can "draw" with chalk.
8. **True.** Pediatricians say tantrums may be a product of a child's desire to be autonomous while lacking the verbal and motor skills to accomplish one's goals.
9. **False.** According to the audio, all toddlers in the U.S. love running through the sprinklers.
10. **False.** Lullabies are *quiet* songs sung *to help children and babies go to sleep.*

DISCOVERING NEW VOCABULARY

1. b
2. a
3. c
4. a
5. c



ANSWERS



VOCABULARY QUIZ

- | | | |
|----------------|---------------|-------------|
| 1. picky eater | 6. lullaby | 11. doll |
| 2. siblings | 7. sprinklers | 12. chalk |
| 3. yank | 8. daycares | 13. stacked |
| 4. defiant | 9. babysitter | |
| 5. cranky | 10. Play-Doh | |

FILL IN THE BLANK QUIZ

1. off
2. in
3. turns
4. pretend
5. in
6. do
7. up
8. of / for or about
9. with
10. to
11. in
12. picky