



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 log 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.

