

## Tips on Development: 1 to 4 Year Olds

Normal development just means the middle of a continuum

*Try not to get sucked into the anxiety about achievement – they will go at their own pace*

*Get a sense of whether they know they are misbehaving or not so you can respond appropriately*

*There's no point being angry at normal development – they NEED to do certain things in order to grow up*

### 1 year olds

- If your toddler seems unresponsive, doesn't smile, makes virtually no sound, doesn't seem to hear well, is constantly irritable or demands constant attention, then seek advice
- Otherwise, enjoy your baby's development (even if it's a little behind his/her peers). Trust your judgment usually parents feel it if there is cause for real concern
- Remember that if your 12 month old was born prematurely he/she may lag behind others the same chronological age. You will see this gap narrow as they get a bit older

### 2 year olds

- 2 year olds will generally push the limits so the limits need to be there consistently
- Some are super active, some will sit down with a puzzle, we need to meet those needs
- They are learning to deal with strong feelings and need you to be a safe haven
- Most of them have behaviour which fluctuates from day to day and are often very difficult!

### 3 year olds

- Generally a popular age... but for some just an extension of the terrible twos
- A time to feed their interests
- They usually love to socialise but need guidance with things like sharing
- They start to manage unfamiliar environments better
- They start to understand that they can't have everything and that there are definite choices and consequences (but only if we have them practice every day)

### 4 year olds

- Gradual slip out of toddlerhood and start appearing like early school age kids
- There's no set age for this shift in development
- Often becoming obsessed with the RULES
- Often say "NO" and "I'll do it myself"
- Are inconsistent and impatient but can usually be guided through it
- Don't need accelerated learning strategies to get ready for school