Directions:
Fill in the blanks.

Toddlers Segment
1. A Toddler
   • Is a young child who is just learning to _______________
   • Is a child between the ages of 1 and 3

2. The Toddler Stage
   • Is often referred to as “the terrible twos”
   • Is when most children learn to walk, _______________, solve problems
     and relate to others
   • Is characterized by growth and _______________swings

3. Toddler Development
   • Occurs month by month
   • Can be split into _______________different age groups
     – 14 to 18 months
     – 18 to _______________months
     – 2 to 3 years

4. Focus for Toddlers 14 to 18 Months of Age
   • Is to learn how to walk _______________
   • Is to increase the use of words in sentences
   • Is to play and _______________while being supervised

5. Toddlers Physical Development 14 to 18 Months of Age
   • Includes:
     – weighing 17 to 30 pounds
     – measuring 27 to 35 inches in height
     – pushing, pulling or _______________objects
     – waving bye-bye
     – _______________hands
     – crawling
6. Toddlers Physical Development 14 to 18 Months of Age
   • Includes:
     – standing alone
     – walking
     – sitting down
     – _____________small objects
     – rolling balls to an adult
     – _____________a spoon

7. Toddlers Emotional Development 14 to 18 Months
   • Includes:
     – smiling when happy
     – crying when sad or frustrated
     – needing _____________when upset
     – enjoying being with people
     – _____________from parents is upsetting
     – imitating others easily

8. Toddlers Social Development 14 to 18 Months of Age
   • Includes:
     – playing alone on the floor with _____________
     – _____________self in the mirror

9. Toddlers Intellectual Development 14 to 18 Months of Age
   • Includes:
     – saying 20 understandable words
     – looking at the person who is talking to them
     – looking for objects which are out of _____________
     – _____________and following one step directions
     – enjoying taking items apart
10. Parents of Toddlers 14 to 18 Months of Age
   • Should be:
     – showing _____________ in the toddler’s abilities
     – making sure the play area is safe
     – watching for small objects which could cause a choking hazard
       • if any are found remove them immediately
     – reading to their ______________
     – playing simple games
     – taking walks together

11. Parents of Toddlers 14 to 18 Months of Age
   • Should be:
     – _______________ objects they see
     – encouraging toddler to play _______________

12. Activities for Toddlers 14 to 18 Months of Age
   • Include:
     – riding small toys
     – pushing and pulling toys and balls
     – attaching toys together
     – drawing with _______________ with adult supervision
     – putting together small _______________ containing two to six large pieces
     – dropping blocks into shape boxes

13. Focus for Toddlers 18 to 24 Months of Age
   • Includes:
     – becoming more independent
     – _______________ everything
     – requiring _______________
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14. Toddlers’ Physical Development 18 to 24 Months of Age
• Includes:
  – weighing 20 to 32 pounds
  – measuring 30 to 37 inches in height
  – feeding themselves
  – ____________blocks
  – tossing or rolling a ball
  – moving wheeled toys
  – developing ____________of wet or dirty diapers

15. Toddlers’ Emotional Development 18 to 24 Months of Age
• Includes:
  – using “no” often
  – beginning to express ____________and having temper tantrums
  – acting shy around strangers
  – ____________a sad friend or parent

16. Toddlers’ Social Development 18 to 24 Months of Age
• Includes:
  – having difficulty sharing
  – beginning to act very ____________
  – having difficulty waiting on things
  – enjoying adult attention
  – getting physically ____________when frustrated
  – referring to self by name

17. Toddlers’ Intellectual Development 18 to 24 Months of Age
• Includes:
  – knowing several hundred words
  – using two to three word sentences
  – talking to self
  – ____________with expressions
  – enjoying hearing ____________, stories and singing
Parents of Toddlers 18 to 24 Months of Age

• Should be:
  – playing with their child to help them grow
  – watching them as they begin to
    • figure out how things work
    • learn to use ____________and objects
    • pick up new words and ideas
    • solve problems
    • use their ____________
    • learn to cooperate with others

Activities for Toddlers 18 to 24 Months of Age

• Include:
  – sorting ____________
  – solving puzzles
  – playing bells or music toys
  – playing with small brooms, ____________or pots and pans
  – pulling a wagon
  – ridding small toys

Activities for Toddlers 18 to 24 Months of Age

• Include:
  – playing with a toy ____________
  – playing with ____________dolls, stuffed animals or cloth objects

Focus for Toddlers 2 to 3 Years of Age

• Includes:
  – becoming more ____________
  – requiring supervision
  – showing more ____________in new items
22. Toddlers’ Physical Development 2 to 3 Years Old
   • Includes:
     – measuring half of ____________ height by 2 1/2 years
     – running
     – jumping
     – climbing
     – swinging
     – beginning to show interest in potty training
     – cutting the last baby _____________
     – using both hands equally

23. Toddlers’ Physical Development 2 to 3 Years Old
   • Includes:
     – scribbling on paper
     – beginning to put on ______________
     – beginning to sort, poke, _____________ or imitate others with new toys

24. Toddlers’ Emotional Development 2 to 3 Years Old
   • Includes:
     – having important routines which build secure feelings
     – starting to develop ______________
     – moving to extremes from ______________ to demanding
     – feeling positive or negative depending on others’ feedback

25. Toddlers’ Emotional Development 2 to 3 Years Old
   • Includes:
     – feeling impulsive, easily ______________ and excitable
     – starting to become easily ______________ with activities and people

26. Toddlers’ Social Development 2 to 3 Years Old
   • Includes:
     – enjoying being near others
     – enjoying playing with others
     – desiring to do everything ______________
     – liking ______________
27. Toddlers’ Intellectual Development 2 to 3 Years Old
• Includes:
  – speaking in two to _____________word sentences
  – knowing 200 to 1,000 words, but does not speak all of them
  – _____________

28. Toddlers’ Intellectual Development 2 to 3 Years Old
• Includes:
  – using “I,” “me” and “you” often
  – remembering where objects are when named
  – remembering _____________, past events and names of people
  – identifying a picture to an _____________

29. Parents of Toddlers 2 to 3 Years Old
• Should be:
  – spending time talking and playing with their child
  – keeping expectations _____________
  – allowing their child to make _____________

30. Parents of Toddlers 2 to 3 Years Old
• Should be:
  – reading books with simple pictures and _____________words
  – letting their child play with other children
  – describing new _____________to their child
  – encouraging their child to “help”

31. Activities for Toddlers 2 to 3 Years Old
• Include playing with:
  – markers
  – big beads and string
  – musical toys
  – _____________animals
  – wagons
  – balls, wheeled toys, _____________ and cars
32. Activities for Toddlers 2 to 3 Years Old
• Include playing with:
  – books
  – toys they can put _____________ and pull apart

33. MyPlate Food Guide Daily Allowances for 2- to 3-Year-Olds
• Include:
  – three ounces of grains
  – one cup of vegetables
  – one cup of fruits
  – two cups of _____________
  – two ounces of protein foods
  – three _____________ of oils

34. Toddler Needs
• Are the basic requirements to help the child reach full developmental potential
• Include:
  – physical
  – social
  – _____________
  – intellectual

35. Physical Needs
• For toddlers include:
  – eating five to _____________ meals a day
  – changing the toddler’s clothes
  – changing the toddler’s diapers
  – _____________ while walking

Toddlers with special needs may need help feeding themselves. They also may require more assistance during bathing and walking.
36. Social Needs
• For toddlers include:
  – engaging in _______________conversation
  – problem solving on their own
  – playing games in order to _______________how to take turns

Toddlers with special needs may need limited duration of play dates and reduced time of non-interactive games.

37. Emotional Needs
• For toddlers include:
  – _______________during times of separation
  – praise when performing a task correctly
  – _______________

Labeling emotions for example, “you are smiling, you must be happy” can promote emotional development in toddlers with special needs.

38. Intellectual Needs
• For toddlers include:
  – practicing the alphabet
  – identifying noises
  – offering _______________
  – asking questions
  – practicing _______________
  – practicing colors

Special needs toddlers may need more time to learn new skills and continue extra practice of these skills.

Preschoolers Segment
1. Preschoolers
• Are children ages 3 to 5
• Are children who continue to want _______________
• Enjoy being with others
• Are filled with curiosity, _______________and exploring
• Undergo rapid developmental changes
2. Preschoolers
   • Are split into different age groups
     – 3-year-olds
     – 4- to 5-year-olds

3. Physical Development of 3-Year-Old Preschoolers
   • Includes:
     – growing slow and
     – walking up and down stairs
     – hopping on one foot
     – jumping in place with ease
     – throwing balls
     – holding crayons with thumb and index finger

4. Physical Development of 3-Year-Old Preschoolers
   • Includes:
     – building
     – turning of books
     – playing with play dough

5. Emotional & Intellectual Development of 3-Year-Old Preschoolers
   • Includes:
     – increasing attention span
     – showing interest in stories
     – showing interest in performing play such as
       • feeding pets
       • raking

6. Emotional & Intellectual Development of 3-Year-Old Preschoolers
   • Includes:
     – drawing shapes
     – putting shapes together to form trees, and objects
     – sorting objects according to , shape or use
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7. Emotional & Intellectual Development of 3-Year-Old Preschoolers
- Includes:
  - matching primary colors
  - knowing numbers up to _____________
  - identifying more objects
  - understanding _____________

8. Social Development of 3-Year-Old Preschoolers
- Includes:
  - beginning to understand taking turns
  - talking to self, toys or pets
  - having _____________or fears
  - enjoying simple games or small group activities
  - observing other children _____________and joining in
  - enjoying being near people

9. Social Development of 3-Year-Old Preschoolers
- Includes:
  - observing other children playing and joining in
  - enjoying being near _____________
  - showing _____________towards others

10. Physical Development of 4- to 5-Year-Old Preschoolers
- Includes:
  - growing about two inches per year
  - walking in a _____________line
  - riding a tricycle
  - climbing trees, _____________and play equipment
  - writing letters
  - drawing shapes

11. Physical Development of 4- to 5-Year-Old Preschoolers
- Includes:
  - threading small beads onto string
  - jumping over objects and landing on _____________feet
  - enjoying running, _____________and drawing
12. Emotional & Intellectual Development of 4- to 5-Year-Old Preschoolers

- Includes:
  - stacking blocks from largest to smallest
  - showing interest in _____________ letters
  - recognizing a few printed words
  - showing interest in books
  - counting up to _____________
  - understanding the words ending in the suffix -est

13. Emotional & Intellectual Development of 4- to 5-Year-Old Preschoolers

- Includes:
  - increasing _____________ span
  - showing interest in how things grow and work
  - stating how many objects are in _____________ of them

14. Social Development of 4- to 5-Year-Old Preschoolers

- Includes:
  - becoming friendly and outgoing
  - changing moods quickly
  - having a tantrum over _____________ frustrations
  - cooperating with others
  - participating in group activities
  - beginning to _____________ on other children

15. Social Development of 4- to 5-Year-Old Preschoolers

- Includes:
  - enjoying make believe activities
  - establishing friendships with other children
  - using _____________ instead of physical aggression towards others
  - hesitating towards taking turns and sharing
  - _____________ about what may have happened
16. Play Time
• Is important for the growth and development of preschoolers
• Benefits include:
  – problem solving skills
  – language skills
  – ____________skills
  – increase creativity
  – time for ____________

17. MyPlate Food Guide Daily Allowances for 4- to 5-Year-Olds
• Include:
  – five ounces of grains
  – one and a half cups of ______________
  – one to one and a half cups of fruits
  – two and a half cups of milk
  – four ounces of protein foods
  – four teaspoons of ______________

18. Preschooler Needs
• Are the basic ______________ to help the child reach full developmental potential
• Include:
  – physical
  – social
  – emotional
  – ______________

19. Physical Needs
• For preschoolers include:
  – ______________ training
  – playing active ______________ games
  – stretching

Special needs preschoolers may need more time before potty training is introduced. Extra time for activities and stretching is encouraged.
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20. Social Needs
• For preschoolers include:
  – interaction with other children
  – _____________ with family members
  – encouraging of _____________

Toddlers with special needs may need supervision during interaction with other children.

21. Emotional Needs
• For preschoolers include:
  – understanding
  – attention
  – _____________
  – hugging

Toddlers with special needs may need extra attention and comfort.

22. Intellectual Needs
• For preschoolers include:
  – time for _____________
  – storytelling
  – asking open ended questions
  – _____________ of objects with different textures

Toddlers with special needs may need extra time practicing and developing new skills.

School Age Segment
1. School Age Children
• Range from the age of 6 to 12 years old
• Are involved in
  – school
  – _____________activities

2. School Age Development
• Can be split into three different age groups
  – 6 to 7 years old
  – _____________ years old
  – 10 to 12 years old
3. Physical Development of School Age Children
   • Include:
     – increasing in weight about _____________ to six pounds per year
     – growing two and a half inches in height per _____________

4. Physical Development of 6- to 7-Year-Old School Age Children
   • Includes:
     – enjoying many activities and staying busy
     – liking to _____________ and draw
     – losing first tooth
     – getting eyes examined because _____________ is as sharp as adults
     – practicing skills in order to become better

5. Physical Development of 6- to 7-Year-Old School Age Children
   • Includes:
     – jumping _____________
     – riding a _____________

6. Social & Emotional Development of 6- to 7-Year-Old School Age Children
   • Includes:
     – cooperating and sharing with others
     – beginning to cheat
     – becoming _____________ of others
     – copying adults
     – playing alone or with friends
     – playing with friends of the same _____________

7. Social & Emotional Development of 6- to 7-Year-Old School Age Children
   • Includes:
     – throwing temper tantrums
     – becoming _____________ about body
     – playing _____________ games
8. Intellectual Development of 6- to 7-Year-Old School Age Children
   • Includes:
     – understanding the concept of numbers
     – knowing _____________ from nighttime
     – knowing right and left hands
     – imitating complex _____________ such as
       • a diamond
       • a heart

9. Intellectual Development of 6- to 7-Year-Old School Age Children
   • Includes:
     – telling time
     – understanding _____________
     – explaining objects and their uses
     – _____________ three numbers backwards
     – reading books

10. MyPlate Food Guide Daily Allowances for 6- to 7-Year-Olds
    • Include:
      – three ounces of _____________
      – one cup of vegetables
      – one cup of _____________
      – two cups of milk
      – two ounces of protein foods
      – three teaspoons of oils

11. Physical Development of 8- to 9-Year-Old School Age Children
    • Includes:
      – moving smoothly
      – jumping
      – skipping
      – _____________
      – dressing and _____________ self completely
      – beginning into use tools
12. Social & Emotional Development of 8- to 9-Year-Old School Age Children

- Includes:
  - enjoying competitions and games
  - starting to change friends
  - playing with children of the _______________ gender
  - becoming modest about body
  - enjoying clubs and group
  - becoming interested in _______________ but does not admit it

13. Intellectual Development of 8- to 9-Year-Old School Age Children

- Includes:
  - counting _______________
  - knowing the date
  - reading more
  - understanding _______________
  - understanding the concept of space
  - drawing

14. Intellectual Development of 8- to 9-Year-Old School Age Children

- Includes:
  - _______________
  - naming _______________ and days of the week in order
  - collecting objects

15. MyPlate Food Guide Daily Allowances for Girls 8 to 9 Years Old

- Include:
  - five ounces of grains
  - two _______________ of vegetables
  - one and a half cups of fruits
  - three cups of milk
  - five ounces of _______________ foods
  - five teaspoons of oils
16. MyPlate Food Guide Daily Allowances for Boys 8 to 9 Years Old
   • Include:
     – six ounces of grains
     – two and a half cups of vegetables
     – one and a _____________cups of fruits
     – three cups of milk
     – _____________ounces of protein foods
     – five teaspoons of oils

17. Physical Development of 10- to 12-Year-Old School Age Children
   • Includes:
     – developing remainder of _____________teeth
     – developing fine skills such as
       • _____________
       • painting

18. Social & Emotional Development of 10- to 12-Year-Old School Age Children
   • Includes:
     – making friends becoming increasingly _____________
     – increasing interest in the opposite gender
     – liking and _____________parents
     – enjoying talking to others

19. Intellectual Development of 10- to 12-Year-Old School Age Children
   • Includes:
     – writing stories
     – writing letters
     – _____________well
     – enjoying using the _____________
20. School Environment
  • Plays an important role in the growth and development of school-age children
  • Provides the following:
    – development of social skills
    – _____________building
    – self concept
    – _____________development

21. MyPlate Food Guide Daily Allowances for Girls 10 to 12 Years Old
  • Include:
    – _____________ounces of grains
    – two cups of vegetables
    – one and a half cups of fruits
    – three cups of milk
    – _____________ounces of protein foods
    – five teaspoons of oils

22. MyPlate Food Guide Daily Allowances for Boys 10 to 12 Years Old
  • Include:
    – _____________ounces of grains
    – two and a half cups of vegetables
    – one and a half cups of fruits
    – _____________cups of milk
    – five ounces of protein foods
    – five teaspoons of oils

23. Activities Which Promote Development
  • Include:
    – swimming
    – reading
    – _____________
    – drawing
    – painting
    – dancing
24. School-Age Children Needs
- Are the basic requirements to help the child reach full developmental potential
- Include:
  - physical
  - ______________
  - emotional
  - intellectual

25. Physical Needs
- For school-age children include:
  - exercise
  - ______________
  - proper nutrition

School-age children with special needs may need extra time exercising to help with the lack of physical development.

26. Social Needs
- For school-age children include:
  - encouraging play with other children
  - establishing clear _____________
  - encouraging sharing and telling the truth
  - encouraging _____________ of clubs/organizations

School-age children with special needs may need extra encouragement to develop interest in certain clubs/organizations.

27. Emotional Needs
- For school-age children include:
  - teaching emotional ______________
  - affection
  - ______________

School-age children with special needs may need reassurance their differences are unique and something you love about them.
28. Intellectual Needs
• For school-age children include:
  – reading daily
  – one-on-one time with the parent
  – help with ______________
  – ______________ of electronics
  – identity formation
School-age children with special needs may require enrollment of classes which foster to their specific intellectual needs.

29. Individual Identification
• Plays a ______________ role in the growth and development of school-age children
• Includes development of:
  – likes and dislikes
  – goals
  – ______________
  – friendships

30. Group Identification
• Fosters the growth and development of a school-age child by:
  – providing sense of ______________
  – increasing social skills
  – creating ______________
  – developing identity