



# what I need to know about toddlers



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Tresillian Parent's Help Line  
(02) 9787 0855  
or 1800 637 357  
(Freecall outside the Sydney Metropolitan area)  
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Toddlerhood is a time of dramatic change and numerous challenges for both the toddler and their parents. The toddler period starts when your child is 12 months old continuing until they are 3 years old. Toddlerhood is a critical time period for early brain development as important neural pathways are being developed. This brain development is influenced by all the experiences they are exposed to. The aim for parents is to provide lots of positive everyday experiences.

#### Tasks of a Toddler:

A toddler has many tasks they must achieve.

They need to learn to:

- Identify the difference between themselves and others
- Tolerate being separated from their parents
- Control their bodily functions (toilet training)
- Behaviour socially and interact with others - to share, wait for their turn, not hurt others
- Communicate using language



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### Characteristics:

Some important toddler characteristics include:

- Beginning to use two and three word sentences
- Needing and enjoying routine & rituals, they have difficulty managing change
- Difficulty considering another person's point of view
- Having unlimited energy
- Enjoying exploration of their environment
- Imitating adults – especially helping with everyday activities of cleaning and preparing meals
- Wanting to be independent – this is often demonstrated through temper tantrums and negativism as they learn to control their world
- Competing with others for your attention
- Having no fear and no sense of their own emotional or physical limits
- Having an appetite that is often much less than parents would like it to be.

### Parent's Role:

As a parent you have an essential role during this toddler period. Things you can do to help your toddler are:

- Learn about expected developmental behaviours so you have age appropriate expectations for your toddler
- Provide opportunities to experience everyday situations – remember things you take for granted are new experiences for your toddler
- Provide an environment that is rich in language, reading and music
- Provide down time when your toddler can learn to play quietly
- Provide a safe environment for your toddler to play, sleep and grow
- Allow your toddler to practice skills – toddlers enjoy repeatedly playing the same game or reading the same book
- Give your toddler plenty of time – remember you are your toddler's favourite playmate
- Avoid conflict by allowing your toddler limited choices – do you want a drink of water or juice
- Learn to know when your toddler is tired, angry and frustrated can assist you avoid conflicts and no win situations

**REMEMBER EACH CHILD IS AN INDIVIDUAL AND DEVELOPS AT THEIR OWN PACE.**

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\*Always read the label. Use only as directed. If symptoms persist, see a healthcare professional.

**For further assistance:**

- Visit either your local child and family health nurse or doctor
- Call Tresillian Parent's Help Line on (02) 9787 0855 or 1800 637 357 (Freecall outside Sydney)
- Contact a Tresillian Nurse on-line at [Tresillian Live Advice](https://www.tresillian.net) by visiting our website at [www.tresillian.net](https://www.tresillian.net)