

Physical Development from One to Three

Study Guide

Directions: Answer the following questions as you read the chapter. They will help you focus on the main points. Later, you can use this guide to review and study the chapter information.

Section 10–1: Growth and Development from One to Three

1. How old is a toddler? _____
2. Between what ages is a child referred to as a preschooler? _____

3. What factors, besides genes and heredity, influence growth and physical development? _____

4. How do height and weight gains change from age one to three? _____

5. Describe how body proportions change between ages two and three. _____

6. On average, about how many primary teeth emerge during a child's first year? Second year? Third year? How many primary teeth make up a full set?

7. At what age should a child start going to the dentist? Why? _____

8. Do all children reach developmental milestones at the same age? Why or why not?

9. How can learning about developmental milestones help caregivers plan activities? _____

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10. Give one example of a gross motor skill and one example a fine motor skill that is characteristic of each age group listed in the chart below.

Age	Gross Motor Skill	Fine Motor Skill
12 to 18 months		
18 to 24 months		
2 to 2½ years		
2½ to 3 years		

11. Which skill requires greater dexterity: walking steadily or turning on a faucet? Explain. _____

12. What does the brain do in sensory integration? _____

Section 10–2: Caring for Children from One to Three

13. Describe how nap and nighttime sleep patterns change between ages one and two. _____

14. How do night terrors differ from nightmares? Which is more serious? _____

15. Compare the self-feeding abilities of one-, two-, and three-year-olds. _____

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16. Should a growing two-year-old drink a full cup of milk or eat an entire apple or banana at one time? Why or why not?

17. Give examples of each of the following ways to make meals appealing to children.

A. Color: _____

B. Texture: _____

C. Shape: _____

D. Temperature: _____

E. Ease of eating: _____

18. Give two tips for parents who are trying to teach their child good eating habits. _____

19. List three basic hygiene skills that children can learn between the ages of one and three. _____

20. Should toddlers be expected to brush their own teeth? Explain. _____

21. What are signs that a child is physically and emotionally ready for toilet training? _____
