

Chapter 10 Physical Development from One to Three

Section 10.1 Growth and Development from One to Three

- 1.** A child grows faster during his first year than between the ages of one and three. Children from ages one to three gain less than half the average monthly weight they did during the first year of life. Growth in height also slows by about half.
- 2.** Developmentally appropriate means that the activity is suited to the child's physical and mental ability level.
- 3.** Essays will vary but should state that a child's diet during the first two years is important because adult teeth are forming under the primary teeth.
- 4.** Letters will vary. You should point out that most three-year-olds (whether girls or boys) are not developmentally ready for these types of fine motor skills. Tammy could become frustrated and angry if her mother pushes her to do things she is not developmentally ready to do.

Section 10.2 Caring for Children from One to Three

- 1.** Most one-year-olds sleep eight or more hours at night and take naps lasting several hours a day. By the age of three, children sleep for about 10 to 14 hours a day.
- 2.** Offer nutritious foods at mealtimes and snack times, and avoid foods that contain a great deal of sugar, salt, and fat.
- 3.** Answers will vary, but may include take daily baths, brush their teeth every day, and regularly wash their hands.
- 4.** Dressing uses gross and fine motor skills, teaches independence and responsibility, and boosts self-esteem.
- 5.** Essays will vary, but could include praising children for using a tissue when blowing a runny nose, or making bath time fun by adding toys to the tub.
- 6.** Charts will vary depending on the country you choose. For example, you may note that many parents in China use open-crotch pants instead of diapers and begin toilet training at one month of age.