

# Overview of Curriculum Topics

## Family Development



	19-21 months	22-24 months	25-27 months	28-30 months	31-33 months	34-36 months
<b>Empowerment</b>	<ul style="list-style-type: none"> <li>Inspire family to have a dream for a better life. p.6</li> <li>Encourage family to create their best year yet. p.7</li> <li>Talk about traits needed to be successful. p.8</li> <li>Help family plan steps to make it their best year. p.9</li> </ul>	<ul style="list-style-type: none"> <li>Encourage family members to find what "lights them up." p.66</li> <li>Help the family work through any problems they are having as they create their best year. p.67</li> <li>Discuss feelings of powerlessness and how to change to feeling empowered. p.68</li> <li>Talk about seeing the good in every situation. p.69</li> </ul>	<ul style="list-style-type: none"> <li>Ask about progress toward achieving best year goals. p.126</li> <li>Talk about how to be a good role model for their children. p.127</li> <li>Review keys to success and identify areas to strengthen. p.128</li> <li>Help change negative words to empowering positive self talk. p.129</li> <li>Talk about how to make careful, informed decisions that further best year goals. p.130</li> </ul>	<ul style="list-style-type: none"> <li>Talk about how to let life be easy rather than a struggle. p.188</li> <li>Talk about how gratitude can create more good. p.189</li> <li>Talk about the value of helping others. p.190</li> <li>Discuss how being organized can be empowering. p.191</li> </ul>	<ul style="list-style-type: none"> <li>Review progress toward family's best year goals. p.252</li> <li>Talk about seeing opportunities in mistakes. p.253</li> <li>Ask about special talents in the family. p.254</li> <li>Help family feel empowered about making their community a better place to live. p.255</li> <li>Empower family to learn about issues and vote. p.256</li> </ul>	<ul style="list-style-type: none"> <li>Ask how positive self-talk has influenced the family. p.312</li> <li>Help family celebrate their uniqueness and accept differences in others. p.313</li> <li>Talk about how a spiritual connection can be empowering. p.314</li> <li>Review accomplishments toward creating best year. p.315</li> </ul>
<b>Relationships &amp; Support</b>	<ul style="list-style-type: none"> <li>Ask if family has any basic unmet needs and identify supports. p.10</li> <li>Help family build their network of support. p.11</li> <li>Talk about the value of grandparents and extended family. p.12</li> <li>Help identify and resolve any child rearing disagreements between parents. p.13</li> </ul>	<ul style="list-style-type: none"> <li>Help the family get to know people in their community and build relationships. p.70</li> <li>Be sensitive to toddler's needs when an ongoing relationship ends or new one begins. p.71</li> <li>Help the family identify a support system for learning new information. p.72</li> </ul>	<ul style="list-style-type: none"> <li>Help stepparents and blended families adjust. p.131</li> <li>Help the family stay safe during arguments. p.132</li> <li>Encourage family to accept other people who appear different. p.133</li> </ul>	<ul style="list-style-type: none"> <li>If a family member is deployed in the military, discuss ways to cope and stay connected. p.192</li> <li>Encourage parents to keep their relationship energized. p.193</li> <li>Discuss the value of having a few close friendships. p.194</li> <li>Ask if family needs any legal assistance. p.195</li> </ul>	<ul style="list-style-type: none"> <li>Talk about dividing responsibilities for child care and household chores. p.257</li> <li>Ask Mom and/or Dad what kind of parent they want to be. p.258</li> <li>If parents share child custody, talk about decision making and transitions between homes. p.259</li> </ul>	<ul style="list-style-type: none"> <li>If father or mother is incarcerated, offer supports to keep connected with toddler. p.316</li> <li>Encourage family to maintain special relationships in their lives. p.317</li> </ul>
<b>Fatherhood</b>	<ul style="list-style-type: none"> <li>Encourage Dad to be nurturing and affectionate with his toddler. p.14</li> <li>Encourage Dad to help his toddler learn about the world around her. p.15</li> <li>Encourage Dad to seek support from trusted friends and family members. p.16</li> </ul>	<ul style="list-style-type: none"> <li>Help Dad notice toddler's unspoken feelings and respond with empathy. p.73</li> <li>Encourage Dad to help his child learn how to solve problems and feel successful. p.74</li> <li>Encourage Dad to maintain a healthy relationship with his toddler's mother. p.75</li> </ul>	<ul style="list-style-type: none"> <li>Discuss ways Dad can help toddler feel important. p.134</li> <li>Help Dad respond calmly when toddler is upset. p.135</li> </ul>	<ul style="list-style-type: none"> <li>Encourage Dad to do household chores. p.196</li> <li>Teach Dad ways to reduce toddler's meltdowns. p.197</li> </ul>	<ul style="list-style-type: none"> <li>Remind Dad why it's important to model appropriate ways to express feelings. p.260</li> <li>Help Dad understand disappointment from child's view. p.261</li> </ul>	<ul style="list-style-type: none"> <li>Encourage Dad to share family traditions. p.318</li> <li>Encourage Dad to support toddler's development by creating outside play area. p.319</li> <li>Ask Dad how he's managing any child support obligations. p.320</li> </ul>
<b>Career Development &amp; Finances</b>	<ul style="list-style-type: none"> <li>Use best year goals to plan career steps. p.17</li> <li>Use family's best year goals to specify financial goals. p.18</li> <li>Help family create or amend their monthly budget. p.19</li> <li>If family has more bills than they can pay, help them decide which ones to pay first. p.20</li> <li>Help parents identify job skills and interests to plan their career path. p.21</li> </ul>	<ul style="list-style-type: none"> <li>Encourage parents to use their best year goals to guide daily decisions about time and money. p.76</li> <li>Check on parents' progress toward completing their education. p.77</li> <li>Ask what new skills they'd like to learn. p.78</li> <li>Help family find ways to stretch their budget. p.79</li> </ul>	<ul style="list-style-type: none"> <li>Suggest using checking and savings accounts to manage finances. p.136</li> <li>If parent has high school diploma/GED, encourage vocational school or community college. p.137</li> <li>Ask about family's efforts to set aside savings. p.138</li> <li>Talk about how literacy skills help success on the job. p.139</li> </ul>	<ul style="list-style-type: none"> <li>If parent wants a better job, help with planning their search. p.198</li> <li>Teach family to avoid decisions that waste their money or put them at risk for financial trouble. p.199</li> <li>If parent uses a checking account, make sure they know how to balance their checkbook monthly. p.200</li> <li>Encourage the family to use the public library to further their career/financial goals. p.201</li> </ul>	<ul style="list-style-type: none"> <li>Help family understand risks associated with borrowing money. p.262</li> <li>Explain the difference between a credit card and a debit card. p.263</li> <li>Ask about efforts to stay within budget. p.264</li> </ul>	<ul style="list-style-type: none"> <li>Explain how credit card interest can get out-of-control. p.321</li> <li>Talk with the family about their attitude toward money. p.322</li> <li>Encourage realistic dreams for child's future. p.323</li> <li>Discuss the family's progress in reaching their long-range financial goals and creating more abundance. p.324</li> </ul>



# Overview of Curriculum Topics

## Family Health



	19-21 months	22-24 months	25-27 months	28-30 months	31-33 months	34-36 months
<b>Diet &amp; Nutrition</b>	<ul style="list-style-type: none"> <li>Talk with Mom about special nutritional needs before having another baby. p.22</li> </ul>	<ul style="list-style-type: none"> <li>Talk about the health risks associated with being overweight. p.80</li> </ul>	<ul style="list-style-type: none"> <li>Talk about choosing healthy foods. p.140</li> <li>Talk about choosing small portions of food. p.141</li> </ul>	<ul style="list-style-type: none"> <li>Discuss benefits of eating fruits and vegetables. p.202</li> </ul>	<ul style="list-style-type: none"> <li>Discuss easy ways to add whole grains to family's meals. p.265</li> </ul>	<ul style="list-style-type: none"> <li>Talk about ways to have more family meals together. p.325</li> <li>Explain the nutritional value of fast foods and how to make the healthiest choices. p.326</li> </ul>
<b>Exercise &amp; Physical Activity</b>	<ul style="list-style-type: none"> <li>Check family's level of physical activity. Encourage them to find ways to exercise together. p.23</li> </ul>	<ul style="list-style-type: none"> <li>Talk about how many calories can be burned while doing chores. p.81</li> </ul>	<ul style="list-style-type: none"> <li>Suggest family exercise by playing outside. p.142</li> </ul>	<ul style="list-style-type: none"> <li>Suggest limiting TV time and discuss other ways to spend time together. p.203</li> </ul>	<ul style="list-style-type: none"> <li>Suggest planting a small vegetable garden as a family project. p.266</li> </ul>	<ul style="list-style-type: none"> <li>Encourage families to spend more time outdoors. p.327</li> </ul>
<b>Alcohol, Drugs &amp; Tobacco</b>	<ul style="list-style-type: none"> <li>Check on any issues regarding use of alcohol and illicit drugs in the home. p.82</li> </ul>		<ul style="list-style-type: none"> <li>Review the health risks of smoking. p.143</li> </ul>	<ul style="list-style-type: none"> <li>Ask if any family members have an alcohol problem, and talk about how it can affect the children. p.204</li> </ul>	<ul style="list-style-type: none"> <li>Consider the effects of living with a family member with substance abuse issues. p.267</li> </ul>	<ul style="list-style-type: none"> <li>Review dangers of drinking and driving. p.328</li> </ul>
<b>Sex, STDs, &amp; Family Planning</b>	<ul style="list-style-type: none"> <li>Check parents' satisfaction with family planning method. Review other options if appropriate. p.24</li> </ul>	<ul style="list-style-type: none"> <li>Ask about plans for another pregnancy. Talk about the importance of spacing between pregnancies. p.83</li> </ul>	<ul style="list-style-type: none"> <li>Review symptoms of sexually transmitted diseases and urge both partners to get tested annually. p.144</li> </ul>	<ul style="list-style-type: none"> <li>Encourage Mom to get regular gynecological exams. p.205</li> </ul>	<ul style="list-style-type: none"> <li>Talk to parents about nurturing their relationship. p.268</li> </ul>	<ul style="list-style-type: none"> <li>Talk about good female hygiene practices and discourage douching. p.329</li> </ul>
<b>Family Health Care &amp; Safety</b>	<ul style="list-style-type: none"> <li>Check that family members have a medical home and health coverage. p.25</li> <li>Remind mother why it's important to examine her breasts regularly. p.26</li> </ul>	<ul style="list-style-type: none"> <li>Ask about family's access to dental care. p.84</li> <li>Talk about how to find answers to health questions by searching the Internet. p.85</li> </ul>	<ul style="list-style-type: none"> <li>Teach parents to recognize warning signs of diabetes. p.145</li> </ul>	<ul style="list-style-type: none"> <li>Encourage regular checkups for entire family. p.206</li> <li>Suggest family ask pharmacist when they have questions about medicines. p.207</li> <li>Help family plan and prepare for natural disasters. p.208</li> </ul>	<ul style="list-style-type: none"> <li>Explain how to be a healthy role model. p.269</li> <li>Discuss ways to prevent food poisoning. p.270</li> </ul>	<ul style="list-style-type: none"> <li>Review why hand washing is so important. p.330</li> <li>Ask about heart disease in the family. p.331</li> <li>Remind parents of the importance of a safe and healthy home for their family. p.332</li> </ul>
<b>Emotional Health</b>	<ul style="list-style-type: none"> <li>Explain emotional health and its impact on the entire family. p.27</li> <li>Talk with family about emotional resources for their best year ever. p.28</li> </ul>	<ul style="list-style-type: none"> <li>Talk about how to find happiness in everyday moments. p.86</li> <li>Talk about the emotional resources necessary for parenting a toddler. p.87</li> <li>Talk about how humor helps in difficult situations. p.88</li> </ul>	<ul style="list-style-type: none"> <li>Talk about emotional resources for handling bad situations in good ways. p.146</li> <li>Talk with family about any fears they may have. p.147</li> <li>Check that mother and child feel safe in their home. p.148</li> </ul>	<ul style="list-style-type: none"> <li>Talk about feelings of sadness and ways to deal with any loss or grief. p.209</li> <li>Talk about how to create more joy in the family. p.210</li> <li>Talk about coping skills to deal with anger. p.211</li> <li>Help family members learn to read and be sensitive to each other's emotions. p.212</li> </ul>	<ul style="list-style-type: none"> <li>Talk about how to find joy during the holidays. p.271</li> <li>Explain how having a moral compass guides decision making. p.272</li> </ul>	<ul style="list-style-type: none"> <li>Talk about the mind/body connection between emotional and physical health. p.333</li> <li>Ask about any recent life changes. p.334</li> <li>Talk about how endings can offer new beginnings. p.335</li> </ul>



# Overview of Curriculum Topics

## Caring for Toddler



	19-21 months	22-24 months	25-27 months	28-30 months	31-33 months	34-36 months
<b>Nutrition/Feeding</b>	<ul style="list-style-type: none"> <li>Talk about ways to make mealtime with toddlers a pleasant experience for everyone. p.29</li> <li>Discuss mealtime choking hazards. p.30</li> </ul>	<ul style="list-style-type: none"> <li>Talk about nutritious snacks. p.89</li> <li>Discuss the child's appetite and eating habits. p.90</li> </ul>	<ul style="list-style-type: none"> <li>Suggest snacks to prevent "hunger tantrums." p.149</li> <li>Discuss toddler's daily requirements for milk. p.150</li> <li>Encourage family to limit their child's intake of sugar and sweets. p.151</li> </ul>	<ul style="list-style-type: none"> <li>Ask about the child's use of cup/glass, spoon and fork. p.213</li> <li>Teach healthy choices at fast food restaurants. p.214</li> <li>Let toddler help in kitchen. p.274</li> </ul>	<ul style="list-style-type: none"> <li>Ask about toddler's attitude toward eating. p.273</li> <li>Encourage parents to let toddler help in kitchen. p.274</li> </ul>	<ul style="list-style-type: none"> <li>Talk about the need for vitamins. p.336</li> <li>Discuss toddler's growth, weight and height. p.337</li> <li>Talk about common food allergies in toddlers. p.338</li> </ul>
<b>Daily Care Routines</b>	<ul style="list-style-type: none"> <li>Talk about how to choose quality child care. p.31</li> <li>Talk about making bath time enjoyable for everyone. p.32</li> <li>Talk about simplifying daily routines. p.33</li> </ul>	<ul style="list-style-type: none"> <li>Talk about making it easier to go places with toddlers. p.91</li> <li>Talk about how to celebrate toddler's second birthday so it's not overwhelming. p.92</li> <li>Talk about the toddler's changing sleep patterns. p.93</li> <li>Talk about weaning if toddler is still breastfeeding or taking a bottle. p.94</li> </ul>	<ul style="list-style-type: none"> <li>Encourage toddler's self-help skills. p.152</li> <li>Talk about readiness signs for learning to use the toilet. p.153</li> <li>Ask about communication with child's caregiver. p.154</li> </ul>	<ul style="list-style-type: none"> <li>Talk about clothes that make toileting easier. p.215</li> <li>Discuss ways to help a "slow starter" get going in the morning. p.216</li> <li>Ask about child's nightly routines and sleep patterns. p.217</li> <li>Ask if toddler has fears about haircuts. p.218</li> </ul>	<ul style="list-style-type: none"> <li>Discuss whether toddler still needs a nap. p.275</li> <li>Discuss options for preschool enrollment. p.276</li> <li>Talk about how to reassure toddler about any night terrors. p.277</li> <li>Discuss preparations for preschool. p.341</li> </ul>	<ul style="list-style-type: none"> <li>Talk about appropriate expectations for toddler helping with chores. p.339</li> <li>Ask about child's progress with learning to use the toilet. p.340</li> <li>Discuss preparations for preschool. p.341</li> </ul>
<b>Health &amp; Safety</b>	<ul style="list-style-type: none"> <li>Discuss signs of illness and when to call the doctor. p.34</li> <li>Talk with family about using and storing medications. p.35</li> <li>Discuss ways to help toddlers cooperate in taking their medicine. p.36</li> <li>Review the importance of outdoor safety including sun protection. p.37</li> </ul>	<ul style="list-style-type: none"> <li>Make sure the family has made an appointment for their 2-year-old's well-child check-up. p.95</li> <li>Ask if family has a thermometer and make sure they know how to use it properly. p.96</li> <li>Ask where toddler sleeps and talk about safety issues. p.97</li> </ul>	<ul style="list-style-type: none"> <li>Review ways to handle vomiting and prevent dehydration. p.155</li> <li>Observe for signs of child abuse or neglect. p.156</li> <li>Talk about how to keep toddler safe when outside near the street. p.157</li> <li>Check toddler's toys for safety. p.158</li> <li>Help family prevent fire hazards. p.159</li> </ul>	<ul style="list-style-type: none"> <li>Ask about the child's bowel habits. p.219</li> <li>Discuss the importance of a first aid kit. p.220</li> <li>Help family ensure home is toddler-proof. p.221</li> <li>Explain the importance of playground safety. p.222</li> <li>Talk about water safety. p.223</li> </ul>	<ul style="list-style-type: none"> <li>Discuss choking and the value of learning CPR. p.278</li> <li>Encourage regular tooth brushing and dental visits. p.279</li> <li>Review car seat safety for toddlers. p.280</li> <li>Make sure any guns are unloaded, locked, and out of reach. p.281</li> <li>Observe for signs of sexual abuse. p.282</li> </ul>	<ul style="list-style-type: none"> <li>Discuss how to handle colds. p.342</li> <li>Talk about how to identify and treat ear infections. p.343</li> <li>Talk about preventing eye injuries. p.344</li> <li>Talk about tricycle safety and wearing a helmet. p.345</li> </ul>
<b>Toddler's Development</b>	<ul style="list-style-type: none"> <li>Introduce new <i>LearningGames</i> or other developmental activities for months 19-21. p.38</li> <li>Complete the 20-month ASQ or other developmental screen with family. Follow up about any concerns. p.39</li> <li>Review toddler's developmental status and plan to address any concerns. p.40</li> </ul>	<ul style="list-style-type: none"> <li>Review typical behaviors and skills for a 24-month-old. p.98</li> <li>Ask about toddler's current interests and skills. p.99</li> <li>Observe for any "red flags" that toddler may not be developing typically. p.100</li> <li>Introduce new <i>LearningGames</i> or other developmental activities for months 22-24. p.101</li> <li>Complete the 24 month ASQ or other developmental screen with family. p.102</li> </ul>	<ul style="list-style-type: none"> <li>Talk about how all aspects of development are interrelated. p.160</li> <li>Introduce new <i>LearningGames</i> or other developmental activities for months 25-27. p.161</li> <li>Complete the 27-month ASQ or other developmental screen with family. p.162</li> </ul>	<ul style="list-style-type: none"> <li>Ask about toddler's latest interests and skills. Review behaviors and skills for 30-month-olds. p.224</li> <li>Observe any "red flags" that indicate toddler may not be developing typically. p.225</li> <li>Introduce new <i>LearningGames</i> or other developmental activities for months 28-30. p.226</li> <li>Complete the 30-month ASQ or other developmental screen with family. p.227</li> </ul>	<ul style="list-style-type: none"> <li>Explain that children achieve milestones at different rates. p.283</li> <li>Introduce new <i>LearningGames</i> or other developmental activities for months 31-33. p.284</li> <li>Complete the 33-month ASQ or other developmental screen with family. p.285</li> </ul>	<ul style="list-style-type: none"> <li>Review typical behaviors and skills for a 3-year-old. p.346</li> <li>Ask family about toddler's current interests and skills. p.347</li> <li>Observe any "red flags" that toddler may not be developing typically. p.348</li> <li>Introduce new <i>LearningGames</i> or other developmental activities for months 34-36. p.349</li> <li>Complete the 36-month ASQ or other developmental screen with family. p.350</li> </ul>
<b>Developmental Skills</b>	<ul style="list-style-type: none"> <li>Introduce new <i>LearningGames</i> or other developmental activities for months 19-21. p.38</li> <li>Complete the 20-month ASQ or other developmental screen with family. Follow up about any concerns. p.39</li> <li>Review toddler's developmental status and plan to address any concerns. p.40</li> </ul>	<ul style="list-style-type: none"> <li>Review typical behaviors and skills for a 24-month-old. p.98</li> <li>Ask about toddler's current interests and skills. p.99</li> <li>Observe for any "red flags" that toddler may not be developing typically. p.100</li> <li>Introduce new <i>LearningGames</i> or other developmental activities for months 22-24. p.101</li> <li>Complete the 24 month ASQ or other developmental screen with family. p.102</li> </ul>	<ul style="list-style-type: none"> <li>Talk about how all aspects of development are interrelated. p.160</li> <li>Introduce new <i>LearningGames</i> or other developmental activities for months 25-27. p.161</li> <li>Complete the 27-month ASQ or other developmental screen with family. p.162</li> </ul>	<ul style="list-style-type: none"> <li>Ask about toddler's latest interests and skills. Review behaviors and skills for 30-month-olds. p.224</li> <li>Observe any "red flags" that indicate toddler may not be developing typically. p.225</li> <li>Introduce new <i>LearningGames</i> or other developmental activities for months 28-30. p.226</li> <li>Complete the 30-month ASQ or other developmental screen with family. p.227</li> </ul>	<ul style="list-style-type: none"> <li>Explain that children achieve milestones at different rates. p.283</li> <li>Introduce new <i>LearningGames</i> or other developmental activities for months 31-33. p.284</li> <li>Complete the 33-month ASQ or other developmental screen with family. p.285</li> </ul>	<ul style="list-style-type: none"> <li>Review typical behaviors and skills for a 3-year-old. p.346</li> <li>Ask family about toddler's current interests and skills. p.347</li> <li>Observe any "red flags" that toddler may not be developing typically. p.348</li> <li>Introduce new <i>LearningGames</i> or other developmental activities for months 34-36. p.349</li> <li>Complete the 36-month ASQ or other developmental screen with family. p.350</li> </ul>

Toddler's Development, continued on next page



# Overview of Curriculum Topics

## Toddler's Development

### Emerging Language & Literacy

19-21 months	22-24 months	25-27 months	28-30 months	31-33 months	34-36 months
<ul style="list-style-type: none"> <li>Help parents understand how children learn language. p.41</li> <li>Help the family create a literacy rich home environment. p.42</li> <li>Ask if their toddler has a lot of new words and encourage parents to talk with their toddler. p.43</li> <li>Ask about home language and learning English as a second language. p.44</li> <li>Explain why toddlers don't need to know ABCs yet. p.45</li> </ul>	<ul style="list-style-type: none"> <li>Explain why toddlers want to read the same books over and over. p.103</li> <li>Talk about the typical number of words for two-year-olds. p.104</li> <li>Help toddler to understand words like "up, over, under." p.105</li> <li>Explain why toddlers may not follow directions with more than two steps. p.106</li> <li>Explain the value of asking and answering lots of questions for toddlers. p.107</li> </ul>	<ul style="list-style-type: none"> <li>Encourage finger plays to promote language. p.163</li> <li>Talk about toddler's ability to combine words and make sentences and ways to expand. p.164</li> <li>Encourage parents to give toddler choices using words like big/little, more/less, hot/cold, and easy/hard to learn about opposites. p.165</li> <li>Ask if toddler's words are clear. p.166</li> </ul>	<ul style="list-style-type: none"> <li>Encourage daily book time with toddler. p.228</li> <li>Encourage parents to help toddler put her feelings into words. p.229</li> <li>Encourage the telling of family stories. p.230</li> <li>Help family understand that television does not teach language skills. p.231</li> </ul>	<ul style="list-style-type: none"> <li>Ask about any challenges with bilingual language learners. p.286</li> <li>Talk about common mistakes toddlers make in learning language. p.287</li> <li>Encourage parents to talk out loud about planning and routines to help toddler learn language. p.288</li> <li>Suggest asking questions to help toddler use more complex thinking. p.289</li> <li>Suggest parents model appropriate ways for toddlers to make requests. p.290</li> </ul>	<ul style="list-style-type: none"> <li>Talk about choosing good books for toddlers. p.351</li> <li>Describe how children learn rules for combining words. p.352</li> <li>Model telling stories and engaging toddlers to ask what happened next. p.353</li> </ul>



### Infant Mental Health

<ul style="list-style-type: none"> <li>Help parents understand "infant mental health" and social/emotional wellness. p.46</li> <li>Explain how healthy early relationships can provide a "secure base" and promote emotional security. p.47</li> <li>Ask about toddler's relationships with family, friends &amp; teachers. p.48</li> <li>Ask about toddler's self-control. p.49</li> <li>Ask if toddler's self-control is different at home than in child care. p.50</li> <li>Ask how toddler reconnects with parents. p.51</li> <li>Help parents model words their toddler can use to cope with emotions. p.52</li> <li>Talk about ways parents can help toddler feel "special, known, &amp; understood." p.53</li> </ul>	<ul style="list-style-type: none"> <li>Discuss ways toddlers show their need for closeness. p.108</li> <li>Talk about how toddler's emotional security builds confidence. p.109</li> <li>Talk about how thumb sucking, pacifiers, security blankets and favorite toys help toddlers cope. p.110</li> <li>Ask about toddler's ability for self-control and how he reacts when he doesn't get his way. p.111</li> <li>Encourage parents to help toddler develop a positive sense of self. p.112</li> </ul>	<ul style="list-style-type: none"> <li>Encourage parents to be responsive when toddler looks to them for reassurance. p.167</li> <li>Help parents be aware of toddler's emotional needs during an extended separation or divorce. p.168</li> <li>Help parents understand toddler's temperament. p.169</li> <li>Talk about the underlying need expressed in misbehavior. p.170</li> <li>Talk about ways to help toddler learn to wait. p.171</li> <li>Help encourage toddler's growing independence. p.172</li> </ul>	<ul style="list-style-type: none"> <li>Talk about toddlers' need for comfort when hurt. p.232</li> <li>Help parent reconnect with toddler after a conflict. p.233</li> <li>Ask how toddler deals with the loss of special relationships. p.234</li> <li>Talk about "goodness of fit" between parent's and child's temperament. p.235</li> <li>Help parents support shy toddlers. p.236</li> <li>Talk with family about encouraging toddler's persistence. p.237</li> <li>Help parents encourage toddler even when he fails. p.238</li> </ul>	<ul style="list-style-type: none"> <li>Talk about ways parents might unknowingly add to toddler's insecurities. p.291</li> <li>Explain value of "being held in another's mind." p.292</li> <li>Ask about sibling relationships and address any concerns. p.293</li> <li>Help parents deal with any unrealistic expectations of their toddlers. p.294</li> <li>Suggest ways to support the child with an active temperament. p.295</li> <li>Ask how toddler shows his increasing sense of competence and confidence. p.296</li> </ul>	<ul style="list-style-type: none"> <li>Talk about how toddlers show they understand others' feelings. p.354</li> <li>Notice how toddler handles transitions like moving to a new house. p.355</li> <li>Discuss ways to help toddler feel emotionally secure. p.356</li> <li>Discuss why toddler falls apart when parent shows up. p.357</li> <li>Notice how toddler responds to overstimulation. p.358</li> <li>Ask about toddler's emotional well-being. p.359</li> <li>Help parents support toddler's growing independence and plan to celebrate their 3rd birthday. p.360</li> </ul>
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Toddler's Development, continued on next page

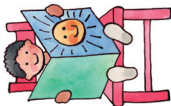




# Overview of Curriculum Topics

## Toddler's Development

*continued*



	19-21 months	22-24 months	25-27 months	28-30 months	31-33 months	34-36 months
<b>Guidance</b>	<ul style="list-style-type: none"> <li>Help parents have realistic expectations for their toddler's behavior. p.54</li> <li>Help family understand what appropriate "discipline" is for toddlers. p.55</li> <li>Talk about how toddlers learn appropriate behavior. p.56</li> </ul>	<ul style="list-style-type: none"> <li>Help parents deal with toddler's fear of doctors and dentists. p.113</li> <li>Talk with family about how to positively redirect their toddler's behavior. p.114</li> <li>Help parent think from toddler's point-of-view before responding. p.115</li> <li>Help parents understand what triggers tantrums and how to defuse them. p.116</li> </ul>	<ul style="list-style-type: none"> <li>Talk about how to reason with their toddler. p.173</li> <li>Talk about why shaming and teasing don't work to manage toddler's behavior. p.174</li> <li>Give strategies for dealing with out-of-control behaviors. p.175</li> <li>Talk about how limited choices support toddler's independence. p.176</li> <li>Give parents alternatives to saying "no." p.177</li> </ul>	<ul style="list-style-type: none"> <li>Help prepare toddler if new baby is coming. p.239</li> <li>Talk about parent's coping skills especially during toddler's tantrums. p.240</li> <li>Talk about structuring the environment to help control toddler behaviors. p.241</li> <li>Discuss ways adults unintentionally contribute to toddler misbehavior. p.242</li> </ul>	<ul style="list-style-type: none"> <li>Ask parents about their level of patience. p.297</li> <li>Ask about family's methods of discipline and discourage physical punishment. p.298</li> <li>Help parents know when to be firm where safety is concerned. p.299</li> <li>Help parents understand how to prevent conflicts about sharing. p.300</li> <li>Help parents model respectfulness with toddler. p.301</li> <li>Explain how consistent daily routines can help toddler's behavior. p.302</li> </ul>	<ul style="list-style-type: none"> <li>Encourage parents to model the language that toddler needs to handle conflicts. p.361</li> <li>Talk about how positive attention can increase appropriate behavior. p.362</li> <li>Talk about the use of "time out." p.363</li> <li>Help parents model good manners. p.364</li> <li>Show how using humor can guide toddler's behavior. p.365</li> </ul>
<b>Play &amp; Learning</b>	<ul style="list-style-type: none"> <li>Talk about how toddlers learn through play. p.57</li> <li>Encourage playfulness in daily routines. p.58</li> <li>Help family understand how playing with toddler helps her develop emotionally and socially. p.59</li> </ul>	<ul style="list-style-type: none"> <li>Help parents understand the value of toddler's curiosity and how to support efforts to explore. p.117</li> <li>Help parents value toddler's pretend play. p.118</li> <li>Talk about toddler's play with other children. p.119</li> <li>Discuss the value of going on outings with their toddler. p.120</li> </ul>	<ul style="list-style-type: none"> <li>Encourage parents to offer toddler a variety of art experiences. p.178</li> <li>Show what toddlers learn by playing with blocks. p.179</li> <li>Talk about appropriate toys for 2-year-olds. p.180</li> <li>Talk about the importance of helping toddler become a good problem solver. p.181</li> </ul>	<ul style="list-style-type: none"> <li>Encourage family to make homemade paint and play dough with toddler. p.243</li> <li>Help family follow their child's lead during play. p.244</li> <li>Talk about what toddlers learn through cooking. p.245</li> </ul>	<ul style="list-style-type: none"> <li>Talk with parents about what to expect from their toddler's drawing and artwork. p.303</li> <li>Explain how active play helps toddler's senses learn to work together. p.304</li> <li>Help parents find ways to enjoy playing with their toddler. p.305</li> </ul>	<ul style="list-style-type: none"> <li>Talk about what children learn in pretend play. p.366</li> <li>Talk about appropriate toys for 3-year-olds. p.367</li> <li>Encourage opportunities for water play. p.368</li> <li>Ask family how they help toddler learn through play. p.369</li> </ul>

