

Toddlers 1-3 years

	What to Expect	How to Nurture it
Social - Emotional	Asserts independence; begins parallel play; experiences big emotions and tantrums.	Offer choices; label emotions; model calming techniques like deep breathing.
Cognitive	Shows curiosity; solves simple problems; begins symbolic play and short memory recall.	Provide cause-effect toys; ask simple 'why' questions; encourage pretend play.
Physical	Walks independently; climbs, runs, and jumps; begins using utensils and scribbling.	Create safe spaces to explore; provide push toys; introduce simple self-feeding tools.
Language	Uses simple words and short phrases; follows basic directions; names familiar objects.	Name everything; sing songs; read short picture books daily.
Mathematics	Counts small sets of objects; sorts by color or shape; uses words like more/less.	Count during daily routines; sort laundry or snacks; use shape sorters.
Science and Technology	Experiments with objects; begins to ask 'why' questions; explores cause and effect.	Encourage exploration in nature; play with water, sand, and magnets; answer 'why' questions simply.
Social Studies	Learns about roles and routines; shows interest in family and community helpers.	Role-play with dolls or figures; read books about helpers (doctors, firefighters); visit local landmarks.
The Arts	Engages in scribbling and finger painting; imitates sounds and simple dance movements.	Provide crayons, paints, and clay; sing action songs; move rhythmically to music together.