



Step 1 Essential Trainings

Child Growth and Development: Physical, Cognitive, & Social Emotional: Toddlers

Checklist of Practice

Always	Sometimes	Not Yet	Caregiver Strategies: What they look like in practice
			1. Children move safely and freely during waking hours.
			2. Large motor activities are present for indoor play (pillows, mats, foam risers, variety of surfaces/levels, push/pull toys.)
			3. Objects in the environment include board books, appropriate writing and drawing utensils and paper, manipulative toys, and objects with buckets for filling and dumping.
			4. Toddlers are encouraged to complete self-help tasks themselves such as feeding and dressing.
			5. The daily routine includes time for indoor and outdoor play as well as scheduled nap or rest times.
			6. Snacks or meals are offered every 2.5 – 3 hours and water is offered/available throughout the day.
			7. Toilet learning follows children's cues and interest.
			8. Offer choices within appropriate limits.
			9. Respond positively with support to child's cues ("I can see you would like my help with your shoes. Can you say 'help please'?").
			10. Respond to and initiate play with the child during the course of everyday routines (diaper changing, feeding, dressing).
			11. Multiples of the same toys are available, especially for favorite items (ex. there are enough tricycles for everyone to get a turn).
			12. Adults identify emotions expressed by others ("She's sad because she got hurt when she fell down.").
			13. Providers ask open-ended questions that encourage reflection ("What would you do if....?").
			14. Modify activities so that all children may fully participate (Children may choose to be in circle time or the library).

