

The 5 Areas of Child Development

During the toddler years, your child will grow in 5 important areas:

1. physical – how he uses his body
2. social – how he deals with others
3. emotional – how he deals with feelings
4. cognitive – how he thinks and reasons
5. language – how he communicates

How your child develops depends on many things, including his natural genetic makeup, the support he receives and the things he experiences.



BRAIN BUILDER

You can help your child develop in all 5 areas with “serve and return” interactions. Pay attention to him and show an interest in what he’s interested in. By “returning” what he “serves,” you’ll encourage his curiosity and spark his enthusiasm for practising things like speech and social skills (see [Brain Development](#)).



DID YOU KNOW

By continuing to breastfeed, you’ll support your child’s development in all 5 areas.

Physical Development

Your toddler will improve his **gross motor skills** (controlling the large muscles he needs to sit, crawl, walk and run) and his **fine motor skills** (controlling his hands and fingers and getting the hand-eye coordination to reach for things and pick them up).



HOW TO

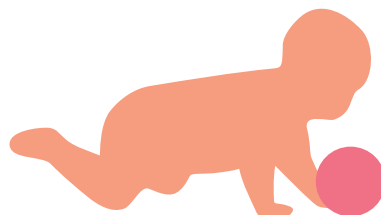
Support your toddler’s physical development

- ✓ Create safe, interesting activities, and places for him to explore and be active in.
- ✓ Use screen time in a healthy way. (See [Screen Time](#))
- ✓ Hug and cuddle him.
- ✓ Provide healthy foods. (See [Eating Well](#))



DID YOU KNOW

When you cuddle your child, his brain releases hormones that he needs to grow.



Social Development

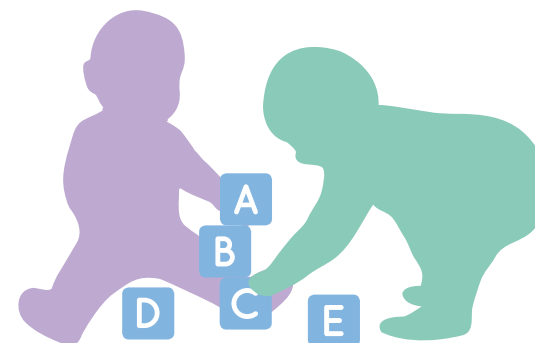
Your toddler will learn to make friends and get along with others.



HOW TO

Support your toddler’s social development

- ✓ Help him learn to cooperate, trust and be confident with others.
- ✓ Respond to his behaviour in warm and consistent ways. (See [Positive Discipline](#))



Emotional Development

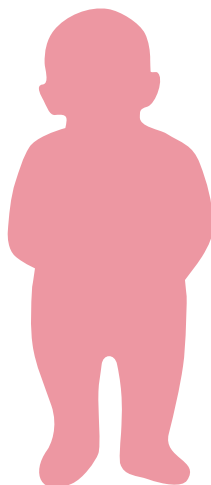
Your toddler will learn to recognize, show and manage his feelings.



HOW TO

Support your toddler's emotional development

- ✓ Help him learn to recognize and name his emotions.
- ✓ Help him learn to show his feelings in a healthy way.
- ✓ Comfort him.



Cognitive Development

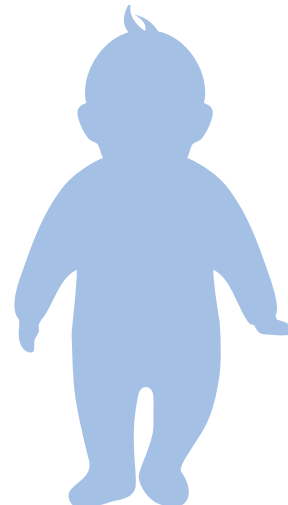
Your toddler will learn to think, remember, imagine, gather and organize information, solve problems and use judgment.



HOW TO

Support your toddler's cognitive development

- ✓ Set up safe and interesting play opportunities.
- ✓ Play with him.
- ✓ Praise him.
- ✓ Talk to him.



Language Development

Your toddler will learn to listen and talk – and can learn multiple languages if you speak more than one at home.



HOW TO

Support your toddler's language development

- ✓ Talk to him.
- ✓ Listen to him.
- ✓ Read to him. (See [Reading to Your Toddler](#))
- ✓ Tell him stories.
- ✓ Sing with him.



BRAIN BUILDER

Talk to your child all the time. By asking him questions, chatting about what you're doing, and sharing rhymes, songs and stories, you'll stimulate his brain and help him learn to speak and read.

