



JANE BROWN  
Executive Director

## Stages of Development

### One year to two years nine months

- Still napping during the day
- Begins to acquire more body control, becomes aware of own body and self
- Stands up on own and begins to take steps
- Able to feed self on more regular basis
- May develop picky eating habits
- Watches and imitates behavior of others
- Speech and language development are very important – first in single words, later simple sentences
- May develop “irrational” fears and anxieties
- Learns to run and jump
- May begin toilet-learning
- Learns self-help skills
- Testing of limits that are set around behavior or safety – says “no” a lot
- Wants control over surroundings
- Loves routines and consistency
- Relatively short attention span, goes from one activity to another quickly
- May show frustration through temper tantrums
- Engages in “parallel play” with peers (side-by-side play)
- Transitions in the day can be very hard
- Begins to learn concept of cause and effect
- Begins to demonstrate empathy for others (e.g., if another child is upset)
- May show aggressive behavior through biting, hitting and pushing
- Develops gender identity