

Ages and stages

Knowing what your tamaiti may be able to do at their age and stage will help you understand what you can expect of them. Use these tips to support them to grow.

One to two years

Toddlers are learning to wait. As pēpi, they were used to having their needs met pretty quickly.

They might feel frustrated in this new learning stage, as they develop the ability to run, kōrero and climb. It's an exciting time!

Ways you can support them:

- try to tell them about things in advance. "When I've finished hanging out the washing we will..."
- balance independence with limits, "Sit on the floor please, then you can hold your drink"
- praise behaviour you like, and ignore behaviour you don't
- give limited choices, for example, say "apple or orange?", not "what do you want to eat?"
- involve them in what you're doing, for example, ask them to hand you the pegs or carry a grocery item
- keep to routines and make sure they're refreshed and have a kai before starting on bigger tasks like shopping.



Whānau say

"Try to say what you want them to do - and why. Instead of saying 'Don't run in the house', say 'Please walk in the house. You might hurt yourself if you run.'"

