



**KITA ACADEMY**

*Knowledge Imagination Talent Adventure*

# Toddler Goals

*Guidance for early childhood development*

## Introduction

Welcome to the KITA Academy guide on toddler goals! This document outlines key developmental milestones and provides insights into supporting your toddler's growth. We believe in fostering a nurturing environment where children can explore, learn, and thrive.

## Cognitive Development

- **Problem-solving:**  
Simple puzzles, shape sorters.
- **Memory:**  
Recalling familiar objects/people.
- **Attention Span:**  
Briefly focused activities.

Toddlers are constantly learning and exploring the world around them. Cognitive development focuses on their ability to think, reason, and solve problems. Encourage exploration through play and provide opportunities for them to experiment with different objects and ideas. Reading to them regularly and engaging in simple conversations will also stimulate their cognitive growth.

## Language Development

- **Vocabulary:**  
Expanding word usage.
- **Sentence Formation:**  
Putting words together.
- **Communication:**  
Expressing needs and wants.

Language skills blossom during the toddler years. They begin to understand and use more words, form simple sentences, and communicate their needs and wants effectively. Talk to your toddler frequently, even if they don't understand everything you're saying. Narrate your activities, read books together, and encourage them to express themselves verbally.

## Social-Emotional Development

- **Empathy:**  
Recognizing feelings.
  - **Self-Regulation:**  
Managing emotions.
  - **Social Interaction:**  
Playing with others.
- Toddlers learn to understand their own emotions and the emotions of others. They begin to develop empathy, learn to regulate their emotions, and interact with peers. Provide opportunities for them to socialize with other children in a safe and supportive environment. Model positive social behaviors, such as sharing, taking turns, and resolving conflicts peacefully.

## Physical Development

- **Gross Motor Skills:**  
Running, jumping, climbing.
  - **Fine Motor Skills:**  
Drawing, stacking blocks.
  - **Coordination:**  
Combining movements.
- Physical development is crucial during the toddler years. Toddlers refine their gross motor skills, such as running and jumping, and develop fine motor skills, such as drawing and stacking blocks. Encourage physical activity and provide opportunities for them to practice these skills. Provide a safe environment for them to explore and experiment with movement.

## Next Steps

At KITA Academy, we are committed to supporting your toddler's development. If you have any questions or concerns about your toddler's progress, please don't hesitate to contact us. We offer a variety of resources and programs to help your child reach their full potential. Contact us for enrollment and further information.