

they try to run but fall easily. At 2 years old, toddlers can walk up and down stairs, and by  $2\frac{1}{2}$  years old, they can jump using both feet, stand on one foot for a second or two, and manage a few steps on tiptoe. By the end of the second year, they can stand on one foot, walk on tiptoe, and climb stairs with alternate footing.

Fine motor development is demonstrated in increasingly skillful manual dexterity. For example, by 12 months old, toddlers are able to grasp a very small object. At 15 months old, they can drop a raisin into a narrow-necked bottle. Casting or throwing objects and retrieving them become almost obsessive activities at about 15 months old. By 18 months old, toddlers can throw a ball overhand without losing their balance. Mastery of gross and fine motor skills is evident in all phases of toddlers' activity, such as play, dressing, language comprehension, response to discipline, social interaction, and propensity for injuries. Activities occur less in isolation and more in conjunction with other physical and mental abilities to produce a purposeful result. For example, the toddler walks to reach a new location, releases a toy to pick it up or to choose a new one, and scribbles to look at the image produced. The possibilities of the exploration, investigation, and manipulation of the environment—and its hazards—are endless.

## Psychosocial Development

Toddlers are faced with the mastery of several important tasks. If the need for basic trust has been satisfied, they are ready to give up dependence for control, independence, and autonomy. Some of the specific tasks to be dealt with include:

- Differentiation of self from others, particularly the mother
- Toleration of separation from parent
- Ability to withstand delayed gratification
- Control over bodily functions
- Acquisition of socially acceptable behavior
- Verbal means of communication
- Ability to interact with others in a less egocentric manner

Mastery of these goals is only begun during late infancy and the toddler years; tasks such as developing interpersonal relationships