Instructor’s Manual
Chapter 9
Growth and Development of the Toddler

Answers to Study Questions

1. Mrs. Valdez has brought two-year-old Mario to the family clinic because he has been ill with a “bad cold” for the past two weeks. Collecting data from Mrs. Valdez you learn that Mario received immunizations at his two-month checkup, but that she has not brought him to the clinic since then. What is your next action?

   a. Educate Mrs. Valdez about the possible consequences of not having Mario immunized according to the schedule recommended by the Centers for Disease Control.
   
   b. Educate Mrs. Valdez about the immunizations Mario needs and arrange for him to receive the first catch-up series.
   
   c. Suggest that Mrs. Valdez bring Mario back to the clinic when he is no longer experiencing upper respiratory symptoms for his catch-up immunizations.
   
   d. Arrange for Mrs. Valdez to take Mario to a free immunization clinic in a week to ten days once his upper respiratory symptoms have gone.

   **Answer:** a. It is important that Mario begin to receive the immunizations that he should have had. The CDC provides a catch-up schedule.

2. Mrs. Jenkins has brought Jessica, her 2-year-old, to the primary care provider because she is concerned about her lack of appetite and her refusal to try eating new foods. As
you prepare to provide education to Mrs. Jenkins about her daughter’s eating habits you understand that appetite lags occur for all of the following reasons except:

a. Jessica is rebelling in response to her parent’s new restrictions.

b. Jessica is experiencing physiological anorexia.

c. Jessica has a preference for one type of food.

d. Jessica has a high level of activity and exploration.

**Answer:** a. Appetite lag is not a conscious rebellion; a toddler does not have cognitive desire.

3. Toddlers often regress during periods of stress primarily because they:

a. forget the skills that have been learned

b. may be responding to parents’ preferences for less mature behavior

c. return to behaviors that increase a sense of security during stressful situations

d. experience growth progression best following regression which allows growth spurts

**Answer:** c. Stress can trigger a return to behaviors from earlier stages of development that allowed feelings of comfort and success.

4. Mara and Cassie are both 2 ½ years old. They both want to play with the same toy and are fighting, grabbing the toy back and forth. Mara’s mother is very upset and asks the nurse why they can’t get along. You would most likely suggest that she do which of the following based on your understanding of development?
a. Suggest to the mothers that they reprimand the children and tell them to share the toy.

b. Suggest to the mothers that they give each child a toy to play with. Have two toys on hand.

c. Suggest that when the children begin to fight over a toy that they have the toy removed and then place the children in separate parts of the room.

d. Suggest that they tell the children it is not necessary to fight, there are “plenty of toys,” and provide another toy for one of the children.

**Answer:** b. Children that are 2½ years of age are egocentric and do not understand “sharing.” It will be best to provide another toy.

5. Parents often need reassurance about disciplining their toddler. You assure them that setting limits is important because limits:

a. provide parents control over their toddler’s actions and behaviors.

b. provide clearly defined rules that toddlers can understand and consistently follow.

c. provide parents with the feeling that they are “right”.

d. provide toddlers with a sense of security and comfort.

**Answer:** d. Unrestricted freedom can be overwhelming for the toddler who does not have the cognitive ability to understand or determine what is safe or not safe; toddlers often test limits and feel more secure when they know they are there.
6. Temperament is a key part of the development of toddlers and can influence the choice of discipline strategies. Which of the following would be effective strategies when working with the “difficult toddler”?

a. using a stern voice and sustained eye contact when the child is exhibiting the challenging behavior

b. using a quick, nonviolent spanking with an explanation to the toddler why the spanking occurred

c. providing time to gradually introduce the child into new situations

d. providing a “friendly” warning to stop the activity, followed by a set time-out if the behavior continues

**Answer:** d. A difficult child is often very persistent and active. A kind warning may alert the child to the inappropriate behavior, but the persistent drive may interfere with changing the behavior. A time-out provides a time for quiet and inactivity.

7. Sam, age 3 years, is seeing a dentist for the first time. This is important because:

a. Dental caries is a common infectious disease.

b. Toddlers may have several misaligned teeth that need bracing.

c. Toddlers may have speech issues secondary to dental concerns.

d. The first dental visit should always occur by the age of three years.

**Answer:** a. Dental caries is the most common infectious disease in children and many potential problems such as gingivitis can be prevented with early dental care and treatment.
8. An important goal of Healthy People 2010 is to reduce mortality rates in toddlers. A primary risk for toddlers is:
   a. falls.
   b. burns.
   c. drowning.
   d. poisonings.

   **Answer:** c. Drownings are the number one risk for mortality in toddlers.

9. Pediatric nurses need to be aware of and sensitive to cultural and ethnic variations when assessing and comparing children to preestablished norms. Particular attention should be paid to:
   a. head circumference and height.
   b. fine motor skills.
   c. height and weight.
   d. weight and muscle build.

   **Answer:** c. Height and weight are very variable and closely relate to ethnic variations.

10. Mr. Harold has come with Helene, his 2-year-old, for her checkup. He verbalizes his concern that Helene is very challenging to care for and help sometimes because she wants things done the same way all the time and cries and becomes distraught if her routine is changed. You understand that she is currently experiencing “ritualism.”
You explain that this is a normal part of her development and recommend which of the following approaches?

a. Follow Helene’s clues and set a daily schedule which she seems most comfortable with knowing that she will soon outgrow this stage.

b. Ignore Helene’s regression behaviors while complimenting her on positive attributes and behaviors.

c. Ignore Helene’s regression behaviors, providing stern verbal warnings that she “can’t always have her own way.”

d. Slowly begin to introduce Helene to new routines while helping her to understand that she can’t have her own way all the time.

**Answer:** d. This is the best way to help her outgrow this stage of development.