



ARTICLE

## Nurturing healthy development for your growing toddler

**While your toddler is becoming a real joy to interact with, here are a few tips to ensure their healthy development**

**2 mins read**

Your little one is now beginning to showcase a range of emotions and certain independence in his/her behavior. He/she is now learning to dress and can converse on his/her own. While your toddler is becoming a real joy to interact with, here are a few tips to ensure a healthy development process for your children:



Encourage your child to play independently- Playtime is the most important time for a growing toddler. Provide them with an activity box that contains crayons, coloring books etc., and let them explore their imagination and creativity. Playing with blocks and puzzles help in [developing your child's brain](#) and enhancing their problem-solving skills. Play outdoor games with your children, like kicking ball, rolling, throwing etc. This allows them to pull and push safely, such games help in enhancing your [child's motor skills and induce physical growth](#). Arrange for play dates that can encourage sharing and interacting. Nurture his/her 'Independent' self. [Encourage your child to express their feelings](#) and let out emotions. Accept their natural behavior and let your children know that you are there to guide them. Motivation from parents can significantly help in nurturing a toddler's personalities. Praise your child for following rules and discourage them if they break any rule. [Teach them table manners](#) and let your child eat meals on their own. Praise and reward your child for attempts at doing things by themselves, this will help them gain confidence.



As a parent, you are struggling to understand your growing toddler. Implement the above and help your child turn independent and confident.