Affective Development of Toddlers

Name

Institution

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Toddlers are little creatures with imminent emotional lives; besides empathy and pride, they develop immense frustrations regarding their daily experiences in the life that is totally alien to them. The affective development of the child encapsulates recognition of their emotions and feelings and an utmost synchronization between context and expression of emotions (Charlesworth, 2010). At this stage of development, the affective benchmark of normality includes the following; toddler becomes more aware of being an individual; he starts feeling embarrassment, envy and empathy; he struggles to become more independent and autonomous in order to nurture his feelings of self- esteem; he becomes able to control his impulses and wait for his turn; he might express what he feels such as *I did it* for expressing feelings of accomplishment and starts comparing his behavior with others for example he might tell us that *I waited for my turn but he did not.* The negative emotional states that he may suffer more frequently include crying when feeling frustrated; difficulty understanding why he is being refrained from committing some action and stop playing when he has to go home.

Plays are the best practices for toddlers to learn new things and recognize their emotions. The main focus of attention for the affective development of child would be *self regulation.* It is referred to as the state of harmony between physical and emotional responses of individuals in stressful situations. It will be assessed how much energy toddlers feel insight; high or low. A thermometer would be drawn on the paper along with the ice cubes at the bottom and fire on the top of it. Toddler would be asked how he currently feels pointing to the ice or fire; he will reveal his energy level in this way. After that, he will be assigned activities accordingly; jumping, running or playing games to level the energy up. In this way, he will learn self regulation through plays.

References

Charlesworth, R. (2018). *Understanding Child Development 10th Edition*. Weber State University Press. Ogden: UT