



Inspiring *Terrific* Toddlers

Promoting Development to Reduce Challenging Behaviors



Course Objective: Identify a method to promote optimal development

Toddler (n.)

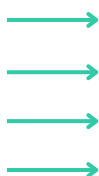
"Emotionally unstable pint-sized dictator with the uncanny ability to know exactly how far to push you towards utter insanity before reverting to a lovable creature."



WHY?

Why is the child doing the behavior?

How can you prevent this behavior from occurring?



Developmental Need: Security



1) Be a "Secure Base"

- Be understanding and supportive
- Use "toddlerese", switching to toddler's "native language"
 - Use words emphasized with emotional expressions
 - Include gestures
 - Slightly mirror child's feelings
 - Repeat short phrases 5-10 times

Example: A toddler cries when parent leaves:

"You miss your mom! Miss mom. Oh, you miss your mom! Miss her. Love mom."

Developmental Need: Affection

2) Catch the Toddler Being Good

- "Feed the meter" - Increase connection time during daily routines

Developmental Need: Stimulation

3) Provide Novel and Interesting Experiences

Hand-Washing Magic

I'm going to wash that dirt right off of my hands
I'm going to wash that dirt right off of my hands
I'm going to wash that dirt right off of my hands
And send it down the drain!

Come on over!

Come on over and clap your hands!...
Come on over and turn around!...
Come on over and stomp your feet!...
Come on over and sit right down...



The Miracle Goodbye Song!

Goodbye friends, goodbye friends,
goodbye friends, it's time to say goodbye!
Goodbye Audrey (insert puppet kiss here)
Goodbye Johnny, Goodbye Maggie...
It's time to say goodbye!



What will you do to get toddlers to promote optimal development and reduce challenging behaviors?

- Be understanding and supportive
- Use "Toddlerese"
- Get super excited about the behavior you want
- Regularly "Feed the Meter"
- Provide novel and interesting experiences
 - Use puppets
 - Keep a special bin for "those times"
 - Be musical



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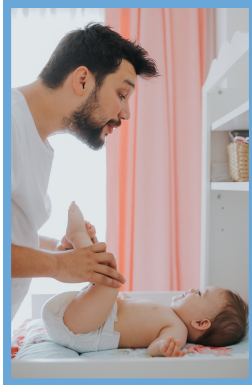
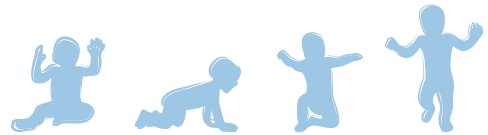
Developed & Presented by Raelene Ostberg, M.Ed. - Expert Trainer and Director, Thriving Together LLC

✉ raeleneostberg@Thriving-Together.com

🌐 Thriving-Together.com

Toddler Development:

Event - Happening - Occurrence - Change - Stage



6-12 Months

Starting to learn about object permanence - Can objects exist when I cannot see them?

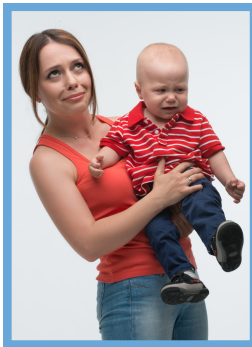
- Separation anxiety is heightened so, if toddler cannot see you, they believe you have gone away
- Does not have concept of time so does not know when others will be back
- Cries and protests even when adult is just in the other room

Developing an awareness of self

- Feels and communicates more likes and dislikes
- May resist something they do not want to do
- Starts to fight diaper changes

Building affordances and what is possible with items in their environment

- Test their environment over and over
- Mouth, bang, and squish things



One Year

Driven to "do"

- Into everything
- Always busy and has trouble sitting still
- Protests being confined or strapped in

"Little scientists" who *must* explore the world and test cause and effect

- Drops food on the floor
- Dumps things out and puts things in
- Pokes and prods others
- Repeats behaviors that gain a strong reaction

Short attention span

- Switches frequently from one thing to another
- Demands things right now
- Resists sitting for long periods

Feels huge emotions but lacks the skills and experience to express "appropriately"

- Falls apart emotionally over little things
- Pushes, hits, bites, cries, or screams to communicate
- Throws things when frustrated or angry



Two Years

Curious and impulsive: Drive to explore independently and learn is insatiable

- May run into the street or sneak out of bedroom at night
- Will not start or stop from doing something just because it's dangerous
- Are not open to stop based on what someone else wants them to do

Advancing awareness of self as separate from caregiver

- Strongly resists directions by others
- Insists on own way (often contrary to an adult's suggestion)
- May demand to be held one minute and then "do it myself!" or "Me do it!" the next

Physical development increases to new level of strength & balance

- Seeks physical outlets and challenges such as getting on table/counter or jumping off the couch

Other words for development:

Growth - progress, advance, maturity, improvement

Training - education, advancement, expansion, enhancement

