

Calming Terrific Toddlers



Evidence-Based Strategies that Reduce Aggression and Promote Self-Regulation

DEVELOPED & PRESENTED BY

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Toddlers? Aggressive?



Oxford Dictionary:

- Forceful and sometimes overly assertive pursuit of one's aims and interests.
- Hostile or violent behavior or ~~attitudes~~ toward another; readiness to attack or confront.



THE REALITY FOR TODDLER CAREGIVERS



Large Group Chat:



FIRST type (in one chat)

- Your first and last name
- What have been your client's current challenges with toddler aggression?

THEN we can popcorn share with video/audio if desired

Introduction

Triggers

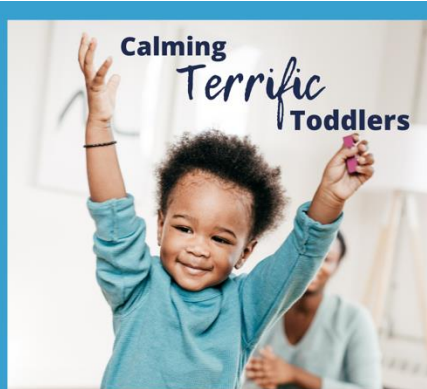
HELP! Model

Video Analysis

Resources

Conclusion

Q and A



Evidence-Based Strategies that Reduce Aggression and Promote Self-Regulation

Objectives



- Label effective, evidence-based adult responses to toddler aggression that will promote a toddler's self-regulation skills and emotional intelligence.
- Identify successful strategies to enhance the educational opportunities you provide around this topic

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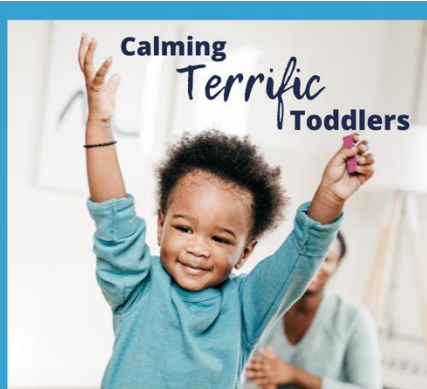
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Evidence-Based Strategies that Reduce Aggression and Promote Self-Regulation

**Anybody can become
angry - that is easy,
but to be angry with the
right person
and to the right degree
and at the right time
and for the right purpose,
and in the right way -
that is not within
everybody's power
and is not easy.**

Aristotle





How many of you, when you get really angry,

- ✓ Take a deep breath
- ✓ Walk away or take a break when needed
- ✓ Discuss the situation calmly and productively
- ✓ Keep a low and calm voice and posture
- ✓ React 100% how you would have like, 100% of the time?







Main Points



- There are many reasons why toddlers are aggressive.
- If adults can stay
 - Calm and patient
 - Use an “influence” approach
 - Take the time to support, teach, and coach,Toddlers will learn the skills!
- When toddlers learn the skills, aggressive acts will diminish, over time

Toddlers will need your



Activity: Rewind.

- What strategies did I use in the opening?
- How did I do it?
- What was the result for you?

Delivering Influential and Impactful Adult Learning Experiences Educational Strategies

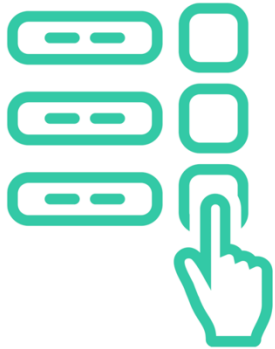
WHAT!?

HOW?



What is one thing you would like to do to enhance the educational experiences you provide?

POLL



Poll #1

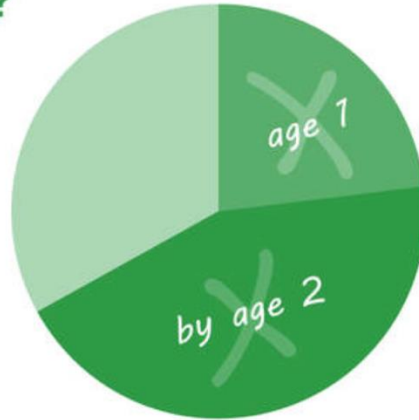
Can a toddler control his/her emotions, such as not having a tantrum [or hitting, biting, kicking] when upset?

- Yes
- No
- Unsure

When are children able to control their emotions?

24% of all parents believe children are able to control their emotions, such as not having a tantrum when frustrated, at *1 year or younger.*

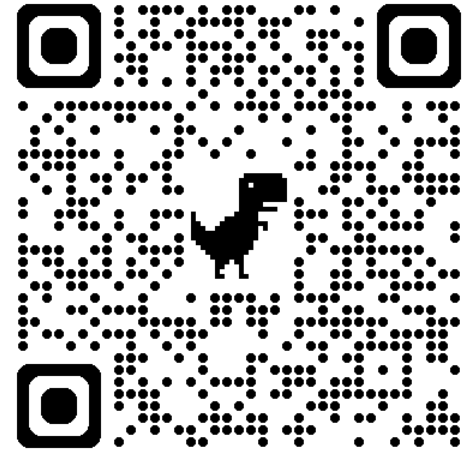
42% of parents believe children have this ability *by 2 years.*



✓
*ACTUAL
age this
develops*

**3½-4
years**

Research shows this type of self-control is also just starting to develop between **3.5 and 4 years.**



<https://www.zerotothree.org/resources/1601-tuning-in-self-control>





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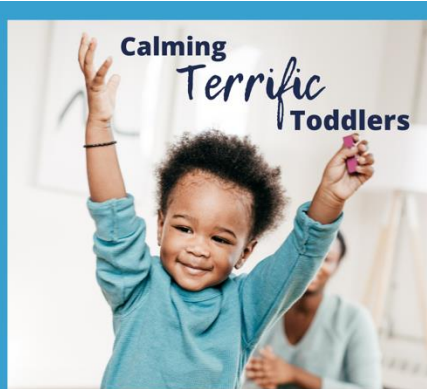
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WHY?



Video/Audio Large Group



- What did you observe? What seemed to trigger the aggression?

POLL



Poll #2: Check all that apply

A toddler may exhibit aggressive acts because they:



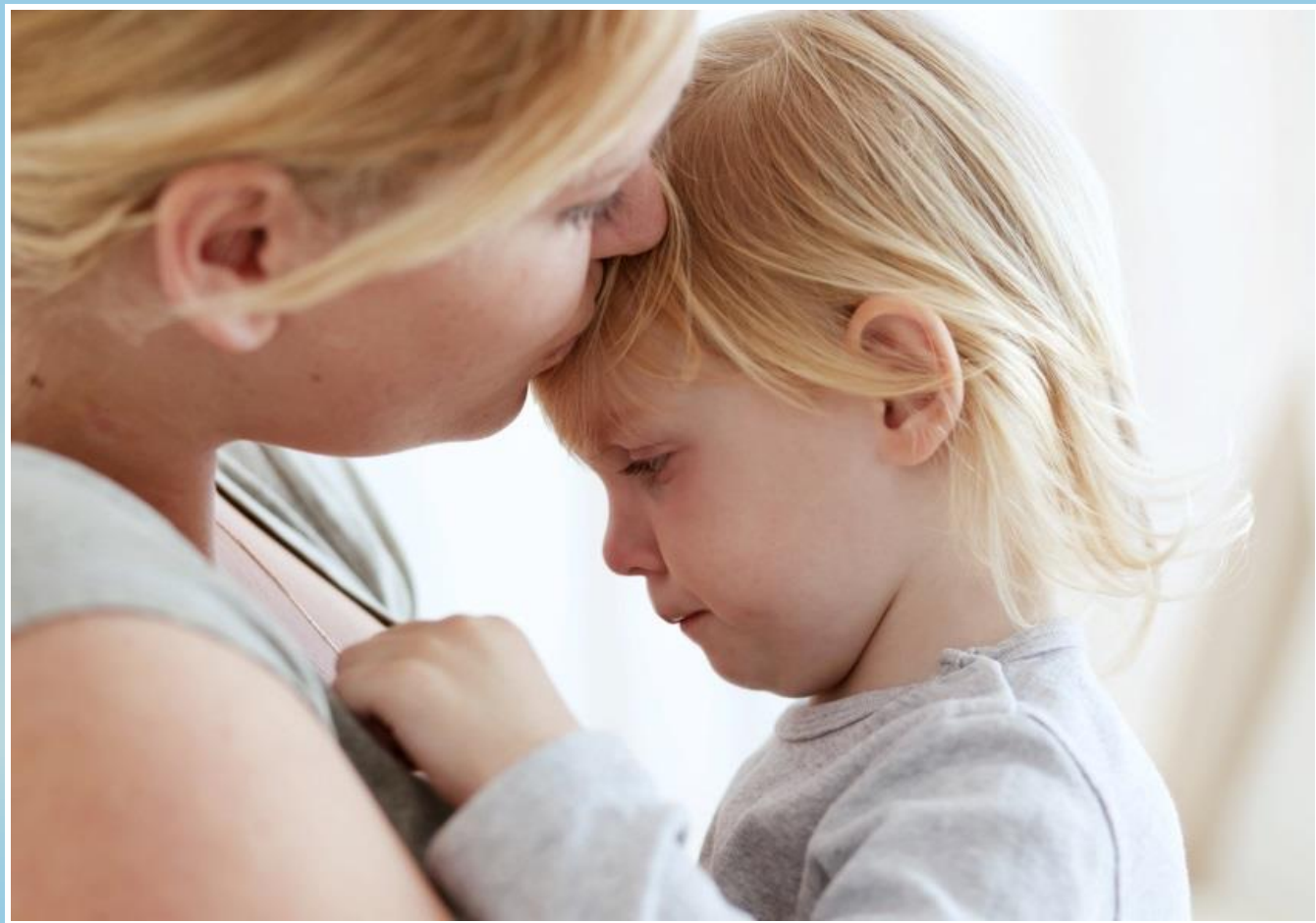
A toddler may exhibit aggressive acts because they: (Check all that apply)

- ☐ Want a toy someone else has
- ☐ Feel overwhelmed
- ☐ Do not have enough space
- ☐ Need to express strong feelings
- ☐ Lack communication skills
- ☐ Feel pain or discomfort
- ☐ Are experiencing a rise in stress hormone
- ☐ They have a lack of self-regulation skills
- ☐ Feel an aggressive impulse
- ☐ Have a master plan to frustrate caregivers

Who is Likely to Bite?

(Simple Yes or No in the chat)





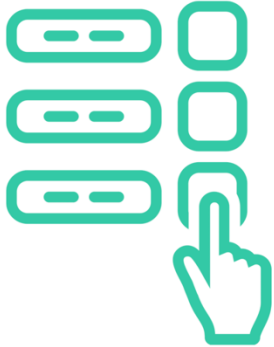








POLL



Poll #3

The main reason toddlers hit other children is because they are trying to get an adult's attention.

- True
- False



Typical Toddler Development



- Mostly focused on own needs
- Cannot perspective-take
- Driven to do and own
- Learning to separate thoughts and feelings from actions



Lack of Skills!

When experiencing strong feelings, toddlers cannot:



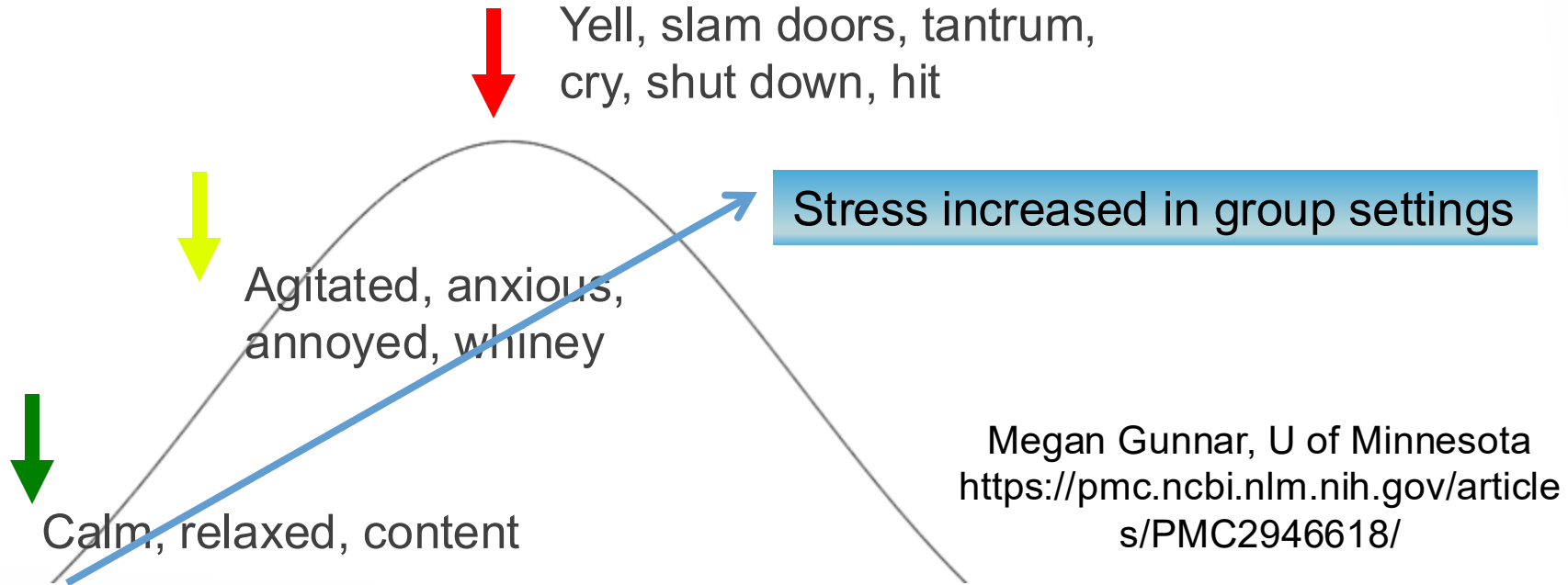
- Use their words
- Anticipate the results they will get
- Control their impulses
- Express emotions “appropriately”
- "Share"

Keep Themselves Safe





Elevated Stress Hormones



**STRESS HORMONES
IMPACT BEHAVIOR**

Explosive
Chaotic
Tantrum
Rigid
Loud
Aggressive



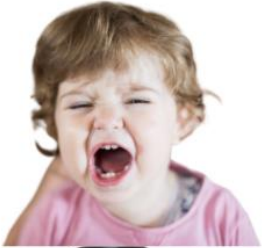
Anxious
Agitated
Whiney
Spacey
Annoyed
Resistent



Calm
Relaxed
Flexible
Cooperative
Content



Toddler Aggression is NOT...



- A well thought out plan designed to “get” you or manipulate you or others.





Aggression is...

Common

Aggression Needs to Stop



Large Group chat or video

What does this mean for EC Educators care environment and working with aggressive behaviors?



Calming Terrific Toddlers: Evidence-based Strategies that Reduce Aggression and Promote Self-Regulation



Course Objective: Label effective, evidence-based adult responses to toddler aggression that will promote a toddler's self-regulation skills and emotional intelligence.



"Anybody can become angry - that is easy, but to be angry with the right person and to the right degree, and at the right time, and for the right purpose, and in the right way - that is not within everybody's power and is not easy." -Aristotle

Main Points

- Toddler aggression is tied to a lack of skills
- Some (not all) toddler aggression can be prevented
- If adults stay calm and patient, and take the time support and coach toddlers through difficult moments, toddlers will learn the skills needed and toddler aggressive acts will diminish over time
- Toddlers will need your...
- Parents will also need your...

HELP!

Triggers

WHY?

A toddler may exhibit aggressive acts because they: (Check all that apply)

- ☐ Want a toy someone else has
- ☐ Feel overwhelmed
- ☐ Do not have enough space
- ☐ Need to express strong feelings
- ☐ Lack communication skills
- ☐ Feel pain or discomfort
- ☐ Are experiencing a rise in stress hormone
- ☐ They have a lack of self-regulation skills
- ☐ Feel an aggressive impulse
- ☐ Have a master plan to frustrate caregivers

Three Major Triggers



Typical toddler development

- Mostly focused on own needs
- Driven to do and own
- Cannot perspective-take
- Learning to separate thoughts, feelings, and actions



Elevated Stress Hormones

- Stress changes behavior
- Aggression is much more likely when stress hormones are elevated



Lack skills: When experiencing strong feelings, toddlers cannot

- ~~Use their words~~
- ~~Perspective-take~~
- ~~Anticipate the results~~
- ~~Control their impulses~~
- ~~Express emotions "appropriately"~~
- ~~Keep themselves safe~~
- ~~"Share"~~

Aggression is NOT A well thought out plan designed to "get" you or manipulate others



Aggression is common



Aggression needs to stop



What does this mean for EC Educators care environment and working with aggressive behaviors?

Activity: Rewind.

- What strategies did I use?
- How did I do it?
- What was the result for you?

Delivering Influential and Impactful Adult Learning Experiences Educational Strategies

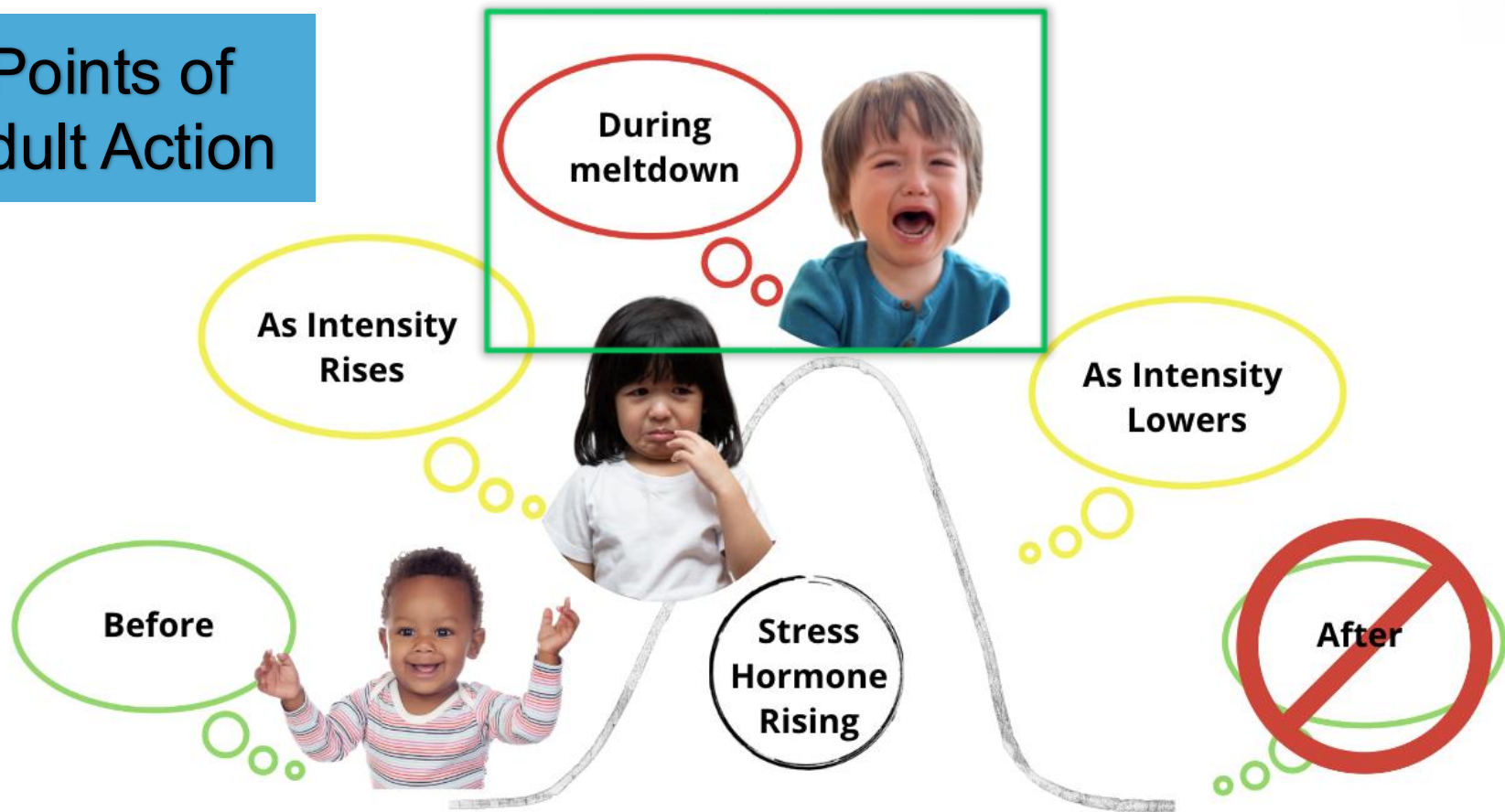
WHAT!?

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What is one thing you would like to do to enhance the educational experiences you provide?

Points of Adult Action



Today

During Aggressive Acts



Is this Helpful?



Avoid Unhelpful Strategies

- Avoid labeling a child as the “biter”
- Never bite a child back to show him how it feels
- Avoid getting angry, yelling, or shaming a child
- Avoid giving too much attention to a child who bites
- Force a child to apologize or insist they play together

Introduction

Triggers

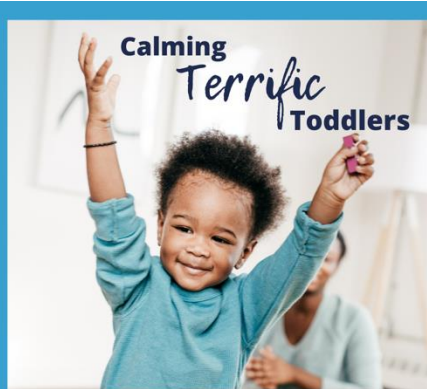
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Evidence-Based Strategies that Reduce Aggression and Promote Self-Regulation



- **H**ave a Plan
- **E**liminate Distractions
- **L**abel Feelings
- **P**rompt



Have a Plan



Humans Naturally have a “Power” Response



- Threatening stance
- Making eye contact
- Loud “Public” voice
- Use many words

Resource: Envoy by Michael Grinder

A “Power” Approach Ignites a Stress Response



- Fight
- Flight
- Freeze

Resource: Envoy by Michael Grinder

Instead Respond Calmly with “Influence”



- Non-threatening
- Avoid eye contact
- Quiet “Private” voice
- Few words

Challenging Behaviors Online Participant Insight

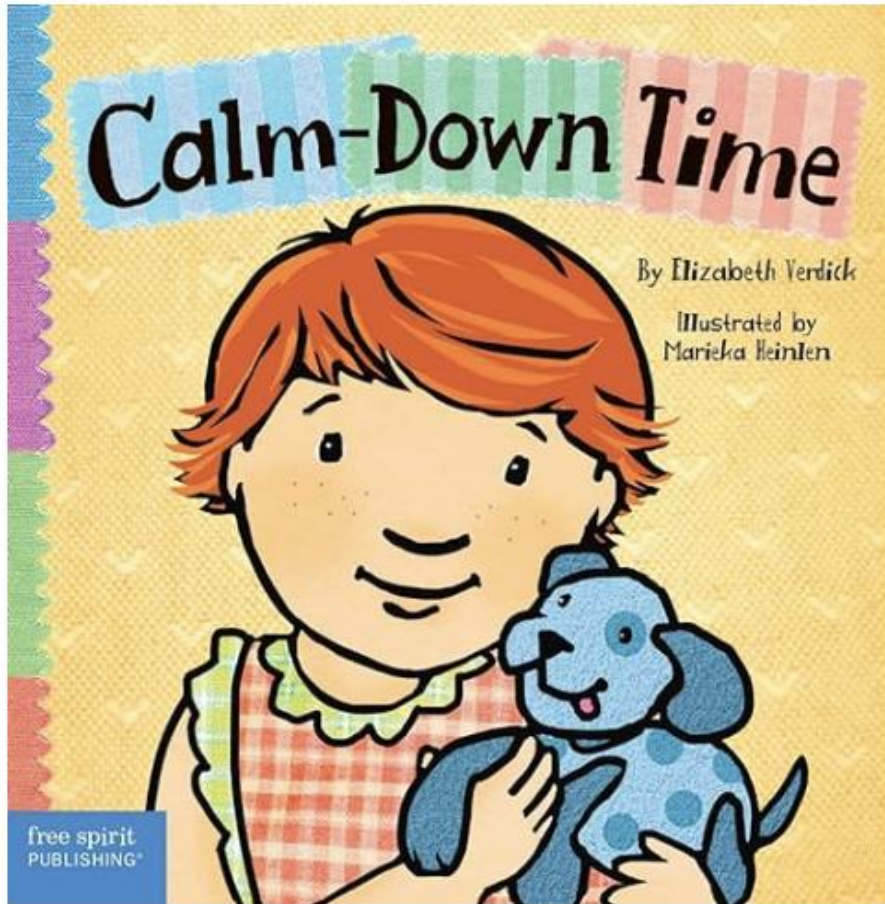


“I did notice when I got closer and put my arm around the side of the child and used a private voice with them, it helped calm them down to a point where offering help worked.”

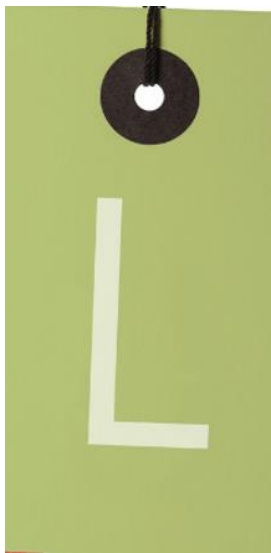


Eliminate
Distractions





The Book



Label
Feelings



“Name it to Tame it.”

Dan Siegel,
No Drama Discipline

Explosive
Chaotic
Tantrum
Rigid
Loud
Aggressive

Anxious
Agitated
Whiney
Spacey
Annoyed
Resistant

Calm
Relaxed
Flexible
Cooperative
Content





HELP

P

Prompt





“Sounds like...”



- ...Turn please”
- ...I’m MAD!”
- ...NO!”
- ...Help.”

“Sounds like...”



- ... That's mine!"
- ... Can I have some?"

“Sounds like...”



- ...”Help please.”

The Trainset



When “Prompting”,
Make Sure to Match the

WHY?



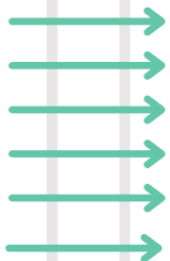
Prompt



★ **Top Tip: Match the Prompt to the “Why”!**

Why did the child bite?

Tired
Hungry
Sore mouth
Angry
Overwhelmed
Exploring
Super Excited



What could the child do instead?

Help get rest or a break
Provide Food
Help get pain relief or a teether
Help express feelings
Provide something novel and interesting
Give other things to explore
Clap hands or “squeeze the oranges”

Redirect:

What “TO DO” Instead of Hitting

WHY?	What TO DO
Super excited	
Want a toy	
Frustrated	
Angry	
Overwhelmed	
Others?	

Activity: Pair and Share



What is useful for you?

What information stood out?

- **H**ave a Plan
- **E**liminate Distractions
- **L**abel Feelings
- **P**rompt

Activity: Rewind.

- What strategies did I use?
- How did I do it?
- What was the result for you?

Delivering Influential and Impactful Adult Learning Experiences Educational Strategies

WHAT!?

HOW?



What is one thing you would like to do to enhance the educational experiences you provide?



Why not...

- Distract?
- Remove child?

When you can...

Embrace the Lesson



When you can...

Embrace the Lesson



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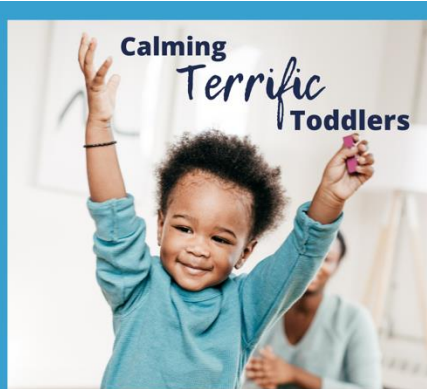
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Video Analysis

Video Analysis

Which strategies do you see?



INSIGHT?



clip 3.1

Video Analysis

Video Analysis

Which strategies do you see?



Insight?



clip 2.3

Activity: Rewind.

- What strategies did I use?
- How did I do it?
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What is one thing you would like to do to enhance the educational experiences you provide?

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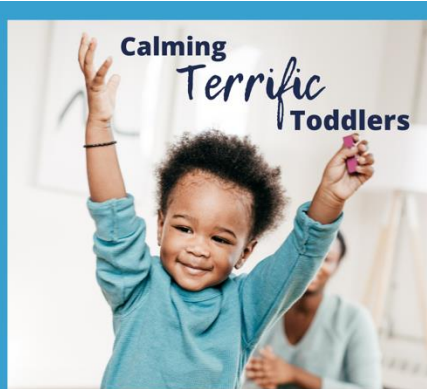
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Activity: In Practice [Groups of 4]

Working with Educators to Reduce and Address Toddler Aggression



What strategies, resources, and processes have you found helpful when coaching your clients when it comes to toddler aggression?

What strategies, resources, and processes have you found helpful when coaching your clients when it comes to toddler aggression?

- Resources
- Information
- Process you use (building rapport, modeling, video, etc.)



The Goal: To Collaborate

To work jointly with others or together especially in an intellectual endeavor.

"A consultant collaborated with the educator to find a solution that worked."

*Cooperate *Join forces *Come together *Unite *Participate *Team up *Coproduct *Be in "Cahoots"

1

Set the Stage: Set the stage to ensure success before concerns and challenges before the need arises.



Be humble



Ask for the educator's input

"I read/learned/heard..."

Take a look. I am wondering your thoughts about this!...

Are there any strategies that might be useful that you think I should try."



Become early childhood scientists, measuring and communicating cause and effect

People don't care how much you know until they know how much you care.

-Theodore Roosevelt



1) What have you observed... (How? When? What?)

2) What have you tried?

-
-
-



3) What were the results?

-
-
-

4) What resources have you found helpful around this topic?

Resources to Share!



Tops Tips to Prevent, Cheat Sheet



Modify the Environment

- Discourage free play. Limit the number of kids per

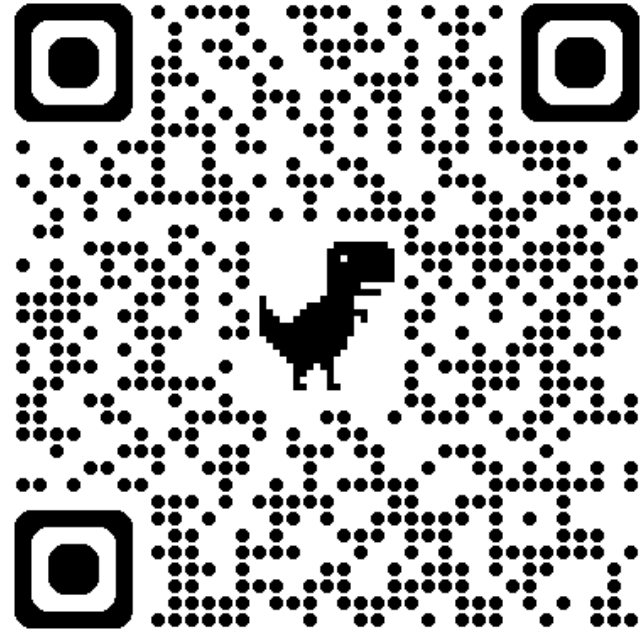
Top Resources

- One of our top blogs on this topic! <https://www.thriving-together.com/post/naetime-suggest-13-hitting-kicking-biting-addressing-reducing-toddler-aggression>
- Video - Addressing Toddler Aggression (from the aggression session to share on Power versus Influence) - <https://youtu.be/P1P5B6Cxx4>
- Aggressive Behaviors in Toddlers: <https://www.zerotothree.org/resources/16-aggressive-behavior-in-toddlers>
- Zero to Three parent Survey on Self Control: <https://www.zerotothree.org/resources/1601-tuning-in-self-control>
- Coping with Aggression and Teaching Self-Control: <https://www.zerotothree.org/resources/233-coping-with-aggression-and-teaching-self-control>
- *Responding to Your Child's Bite: http://csefel.vanderbilt.edu/documents/biting-parenting_tool.pdf
- Other great articles by CSEFEL: <http://csefel.vanderbilt.edu/resources/family.html>
- The "Book Nook" Resource for teaching toddlers what to do instead of bite - Nooks I have found helpful with toddlers include topics on sharing, quiet/loud, and no biting/hitting - <http://csefel.vanderbilt.edu/resources/strategies.html>

- Ask them questions
 - Get down on the floor with them
- Acknowledge their emotions
- Be calm and breathe
- Watch for cues of things escalating and provide assistance *before* the aggression occurs
- Redirect the child if they are entering into a situation that may trigger the aggression
- Keep providing novel and interesting experiences in your environment (rotating toys, for example, introducing a new toy, etc.)
- Be silly and have fun, playing with the children and modeling play skills

Do Intentional Activities

- Provide sensory activities such as coloring, painting, puzzles, play-doh, and bubble time



<https://www.thriving-together.com/toddleraggression>

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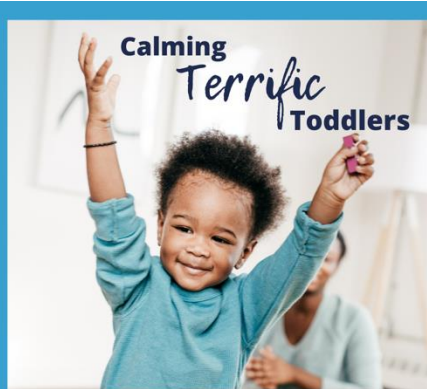
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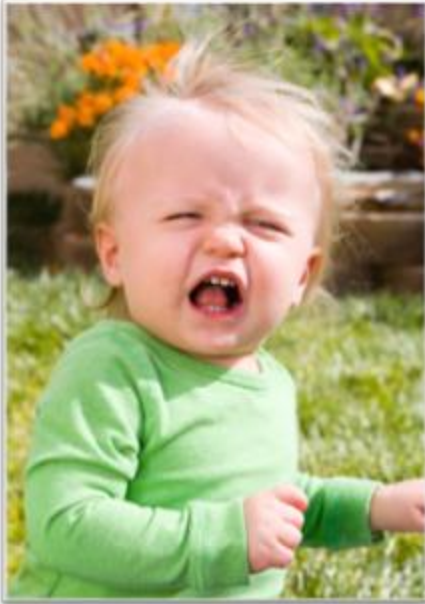
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Toddlers will need your





What you do
makes a
difference!

Objective Check



- What is an effective, evidence-based response to toddler aggressive acts..
- When working with EC educators, I plan to enhance my current educational opportunities by...

The Closing: Large Group Insight

What do you do at the end of the educational experience to help “Close” the meeting?



Delivering Influential and Impactful Adult Learning Experiences Educational Strategies

WHAT!?

HOW?



What is one thing you would like to do to enhance the educational experiences you provide?



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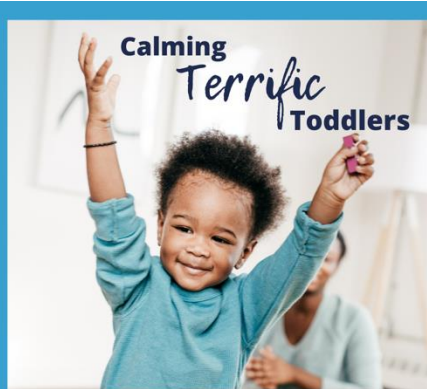
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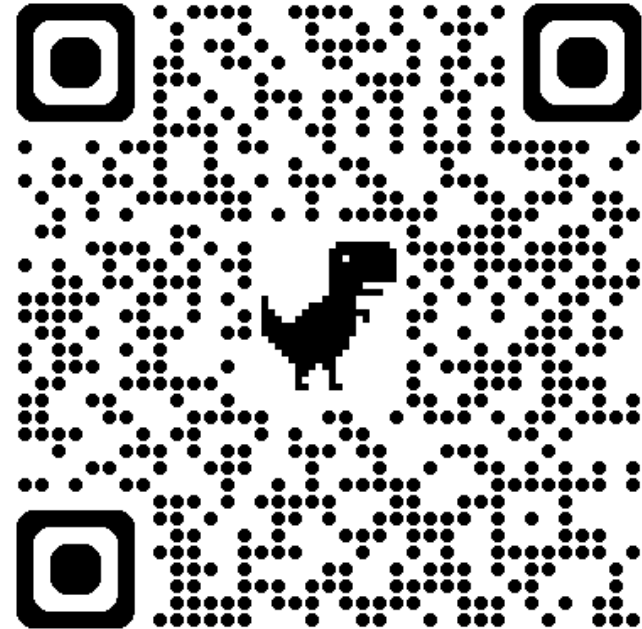
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Do Intentional Activities

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<https://www.thriving-together.com/toddleraggression>

PREVENT TODDLER AGGRESSION

Address the "Why?" behind the behavior



Lacking Skills

Join in Toddler Play
Model skills and help toddler
communicate needs and feelings



Big Feelings

Prompt
Demonstrate with appropriate words
Sounds like... I'm mad! - No! - Help!- Stop.



Exploring

Switch it Up
Provide novel and interesting
things to investigate



Testing

Keep Calm
Remain neutral and uninteresting as you
reinforce, "No. Biting hurts"



Stressed

Prep the Child
Reduce anxiety by alerting the child to
transitions with simple songs



Early Childhood
Tips & Tools with
Raelene Ostberg
www.Thriving-Together.com

Want more? Check out our trainings
Live or On-Demand

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We Got This!

Freebie to Share!

Terrific Toddlers Resource Blog



<https://shorturl.at/4z4B1>