



## Inspiring Those Terrific Toddlers

# Evidence-Based Strategies to Set Effective Limits and Get Toddlers to Follow Them

*Ideas compiled from our past participants*



### Climbing on the chair

- Sit your bottom down and wiggle wiggle wiggle it
- You are SO big, sit tall on the chair!
- Have them pretend to drive a car while sitting in the chair
- Sit on the chair like a "Choo Choo" train
- Let's get in your big truck & buckle your seat belt - "Off we go, vroom vroom!"
- Have big blocks that are used just for climbing
- Make a safe obstacle course



### Throwing food on the floor

- Throw food in the garbage basket
- Scoop your food on your spoon - "Fill the spoon!"
- Encourage to sign the hand signal "All done"
- Make a tower on your tray
- Let's squish it on the table
- "YUM! Let's smell the food!"



### Throwing sand

- Fill the bucket with sand
- Throw the sand in a pile
- Squeeze the sand
- Build a sandpile together
- Give them a sand sifter to sift the sand
- Dig the sand!



### Taking a toy from a friend

- "Fly the toy back to your friend!"
- Say, "Give", making it sound fun to give the toy
- Encourage "Turn please."
- Play together with the toys, having a dance party
- Let's roll the toy, pat the toy, squeeze the toy, or another movement they can do together
- Use sign language

