



Calming the Storm: Evidence-based Strategies for Addressing Toddler Aggression and Reducing Future Aggressive Acts



Course Objective: Label effective, evidence-based responses to toddler aggressive act

“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



WHY?

What have you noticed triggers toddler aggression? What happens just *before* toddler aggression occurs?

Common triggers:



Typical toddler development

- Driven to do and own everything
- Mostly focused on own needs
- Learning to separate thoughts, feelings, actions



Strong feelings



Desires an item someone else has



Experience a strong impulse to do something



Stress



Too much stimulation



Not enough space



Pain/discomfort



Overwhelmed

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



Aggression is common.



Aggression needs to stop.



• What are helpful responses to aggression?

• What are some unhelpful adult responses?



Calming the Storm: Addressing Toddler Aggression and Reducing Future Aggressive Acts

Avoid unhelpful strategies

- *Labeling
- *Biting back
- *Getting angry, yelling, or shaming
- *Giving too much attention to biter
- *Forcing a children to apologize or insisting they play together

HELP!

H - Have a plan **E** - Eliminate distractions **L** - Label feelings **P** - Prompt



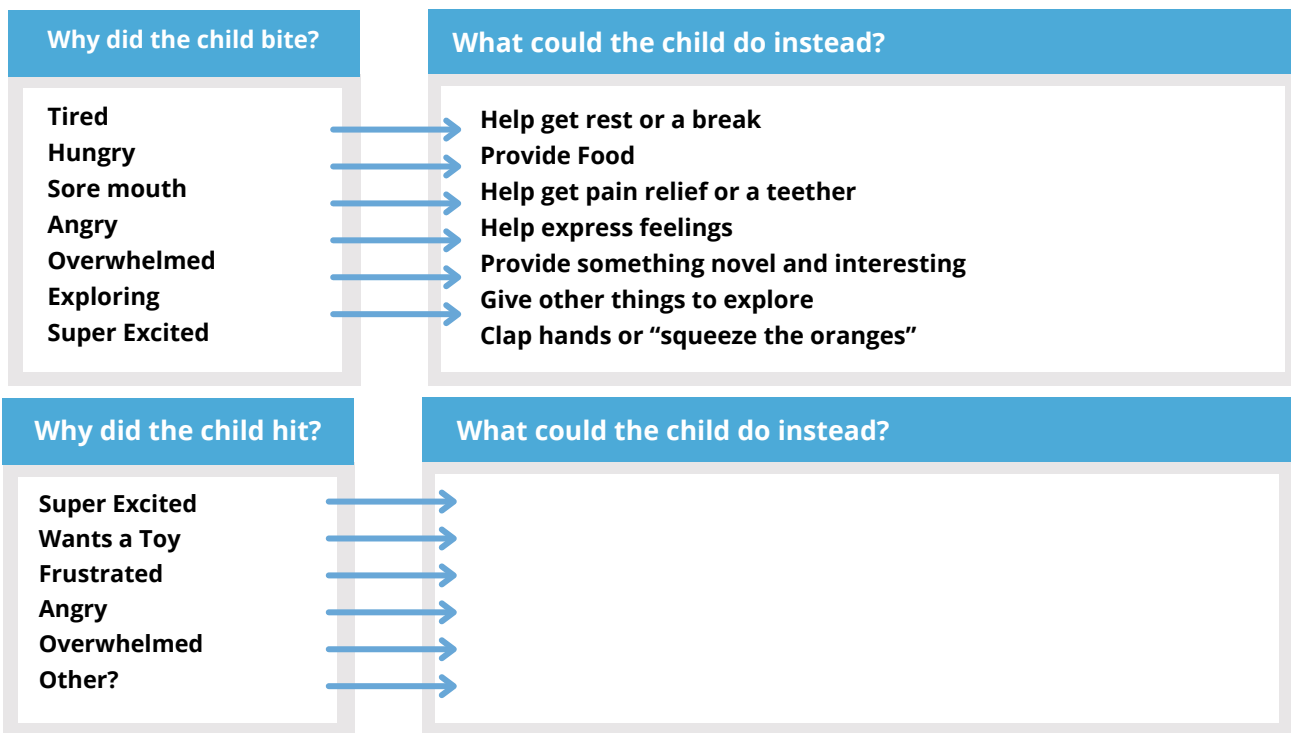
✓ **Have a plan** • **Respond calmly with "Influence"**

- Non-threatening
- Avoid eye contact
- Quiet "Private" voice
- Few words

✓ **Eliminate Distractions**

✓ **Label Feelings** *Tune in *Use "toddlerease" *Help communicate

✓ **Prompt** "Sounds like, 'Turn please'" "Sounds like 'I'm mad!'" "Sounds like 'No!'"
 "Sounds like, 'Help'" "Sounds like, 'That's mine.'" "Sounds like, 'Can I have some?'"



Video Analysis: What does adult in video "do" to assist?

What is working?

What is not working?



Objective Review: When working with a toddler's aggressive acts this week, I will...



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

✉ raeleneostberg@gmail.com

🌐 Thriving-Together.com