

Group Insight: What do you do to promote toddler development?

- Use pictures that the toddler could point to for an adult to understand what they might be upset about (when they are calm).
- Share empathy with them and remain calm so that you can help them when they are reaching out for support in the only way they know how.
- Provide positive affirmations for the behaviors you want throughout the day. "I sit on the couch. I like to play nice with my friends."
- Routine, Routine, Routine! - Have a daily routine so kids know what comes next.
- Give them words they can use such as "Help please" and "Turn please"
- At snack time, I will have one of the children to pass the snack to the others. Pass out water bottles – set up tables with chairs, help with dishwasher.
- Provide an environment where it is safe for them to express their frustration
- Create activities, routines and environments that help them to learn about their world, stay safe, while still experimenting and learning and growing.
- Build in one-on-one time with each toddler
- Give them choices and let them make decisions
- Have a calming corner where they can go to when they are stressed/ overwhelmed



- Have them help me with small jobs – they are so happy when they can help
- Help guide play – playing grocery store, or passing games (pass the bucket, ball, etc.)
- Allow them to be independent - "Guided Discoveries"
- Have fun, be silly!
- Let the toddlers in the class help pick their own undies/clothes during bathroom changes.



- Practice sharing – after they get to use the toy, let another child use it and then give it back to them
- Let them be independent and try things on their own and be there if they need help
- Have them collect all the like toys and pass them out in a fun way to all friends
- Story time: I sing a song about their shirts to each toddler while asking the toddlers' "Where is this friend?". They get excited and point and are ready for the story afterwards.
- I have a climber - I put low tables together so they can climb without getting hurt
- Use fun transition songs:
 - The cleanup song
 - "Open-shut them" for circle time
 - "This is the way we wash our hands" when we wash our hands
 - "It's time for lunch" "clap clap" It's time for lunch" "clap clap" "it's time for lunch, it's time to munch it's time for lunch" to the tune of the Adams Family
 - I sing (kid's name) is here today, (kids name) is here today, yay (kids name)!!!! With clapping and rolling arms like wheels on the bus
- Sing before each meal, at cleanup, group time, when walking in the halls and when waiting.
- Use tools like getting to their level and use breathing techniques "smell the flower" and "blow out the candle"
- Use a "Calming cube"
 - Rainbow breaths
 - Balloon breaths
 - Emotion face image practice
 - Poppers and sensory bottles

