

# Inspiring Terrific Toddlers: Why do they *DO* that? (And, what can you do about it?)

## Main Challenge:

What have you observed about this behavior?

Why is the child doing this behavior?

How can you prevent the behavior from occurring?



Developed from the National Pyramid Model by Raelene Ostberg, M.Ed. - Expert Trainer and Director, Thriving Together LLC

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# Inspiring Those Terrific Toddlers!

## Positive Behavior Intervention Supports that Work!



When you have completed the pyramid strategies, and the behavior continues, use positive guidance techniques

- \*Prompt
- \*Redirect
- \*Distract
- \*Ignore
- \*Offer a substitute
- \*Positive countdown
- \*Remove item
- \*Gentle hand-over-hand assistance

### Teach Skills

- \*How to calm
- \*What toddler can do to express strong feelings
- \*How to take a break when needed
- \*Use signs for simple language
- “More” “Stop” “Help”

### Foster Social-Emotional Skills

- \*Act out positive social interactions with puppets
- \*Identify and label emotions
- \*Problem-solve with child
- \*Read books that teach emotions and expectations with simple phrases such as “Sounds like”, “Turn please”
- \*Promote, model, and practice social skills like sharing, helping, taking turns, apologizing, empathy

### Provide a Highly Supportive Environment that Prevents Challenges

- \*Use similar words, songs, and patterns in your day
- \*Help get toddler’s needs met
- \*Provide new and interesting experiences
- \*Stay calm
- \*Be consistent
- \*Reinforce a few simple rules with pictures, gestures and simple words
- \*Provide simple 1-2 word prompts
- \*Use “toddlerease” to reflect what the child is feeling
- \*Use visuals to show what is next
- \*Show, tell and demonstrate what “to do”
- \*Reinforce when child does something you want them to do
- \*Modify the environment to provide a good fit
- \*Plan ahead so you don’t have to rush child
- \*Prepare for transitions with verbal and visual alerts
- \*Sing songs to indicate what will happen next
- \*Provide a regular pattern to your day
- \*Make sure child gets enough down time, activity and sleep each day
- \*Make sure your expectations match what the child is capable of
- \*Use “first-then” and “when-then” statements
- \*Be excited and specific about what you want toddler to do

### Strengthen your Relationship with your Child

- \*Give child positive attention
- \*Celebrate what they do well
- \*Have special one-on-one play time
- \*Get down at child’s level
- \*Make learning interesting
- \*Build connection elements into the day
- \*Be silly
- \*Provide hugs and pats on the back
- \*Listen and reflect back what you hear
- \*“Feed the Meter” with kind attention in regular intervals
- \*Build in cuddle time



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