



Guiding Those Terrific Toddlers! Evidence-Based Strategies to Set Effective Limits and Get Toddlers to Follow Them.



Course Objective: Assist toddlers in following simple rules, routines and directions

Main Points:

- There are many reasons toddlers act how they do
- Toddlers have a lot to learn
- The more specific, clear, simple, kind, and helpful you are, the quicker they will learn
- When toddlers learn the skills, they behave better
- There are easy, fun, and effective ways to get toddlers to follow your limits. "No" is not one of them.



Toddler (n.)

"Emotionally unstable pint-sized dictator with the uncanny ability to know exactly how far to push you towards utter insanity before reverting to a lovable creature."

WHY?

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"



Use clear communication

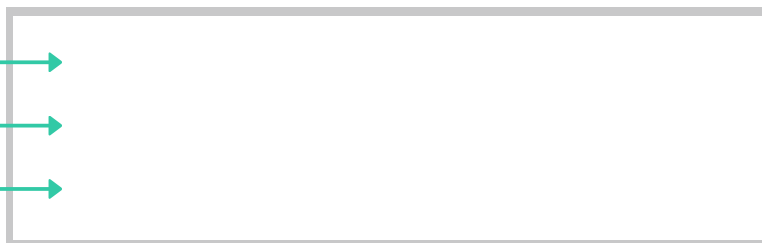


Send consistent verbal and nonverbal messages



Show, tell, demonstrate, and model what you want the child to do

- Climbing on a chair →
- Throwing food on floor →
- Taking a toy →



The Sippy Cup

How many did you hear in the story?

- ☐ Get the toddler's attention before speaking
- ☐ Move down to toddler's level
- ☐ Slow it down
- ☐ Give the toddler time to "get it"
- ☐ Use a gesture
- ☐ Use simple language (1-2 words when possible)



What will you do to assist toddlers in following simple rules, routines and directions?



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Ideas compiled from our live webinar participant insight

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 and 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

