



Taming Toddlers 2: Setting Effective Limits and Getting Toddlers to Follow them!

What works? What Doesn't Work?

Ideas compiled from our live webinar participant insight

✓ What works?

- Research and make sure the expectations are reasonable for their age and development.
- Get involved in toddler playtime and participate - modeling sharing and other skills
- Be consistent and build a routine they can depend on
- Make it fun or a game: For cleaning – I have a cardboard box with a foam cutout of a monster with a big mouth. To clean up I'll say, "let's all feed Max – he's hungry for toys!" They will then be thrilled to pick up all the toys and "feed" Max so I'm able to show them where the toys go as I sort through the room with my group
- Model and demonstrate the action of walking or cleaning up
- Read "social stories" or a flip book with pictures to show a visual schedule and expectations such as "What we do on the playground"
- Use puppets to demonstrate simple concepts
 - Sharing toys
 - Taking deep breaths to calm
 - Using kind touch with infants or animals
- Read books and do activities that teach the limit
 - Hands are not for hitting
 - Daniel the Tiger
 - When Sophie gets angry, really, really angry
- Sing songs to let children know in a fun way (cleanup song, washing hands, name song for circle time)



- Use Positive communication
 - Get down at their level and get their full attention to speak to them one on one
 - Repeat, repeat, repeat the rule in a positive way to help the toddler "get" what you are saying
 - Use short, simple phrases that they can understand
 - Notice and praise the behavior you want
 - Use a simple one-step direction that is framed positively
 - Instead of saying no, tell them what they can do. So instead of saying no running, say "Walking feet" and show it with your actions
 - Stay patient and use a calm voice, tone, and body
 - Give plenty of reminders/redirection like "Feet on the floor" while getting them down from climbing, or "nice/gentle hands" when redirecting from being too rough
 - Make many, positive statements to build confidence/esteem (I am a good friend. I pick up my toys. I am so smart! I sit on the sofa, etc.)
 - Use sign language



- Show kindness and understanding towards the toddler
- Use strong, big, positive facial expressions to show the positive behavior you want to "grow"
- Teach limits through play
- Offer choices
- Make sure their needs are being met
- Give them space

✗ What doesn't work?

- Yelling at children
- Telling them over and over what they did wrong
- Loud voices
- Not being consistent
- Being stressed
- Not having a routine
- Too many words
- No choices
- Doing it for them, not letting them try
- Unrealistic expectations
- Getting upset/frustrated

