

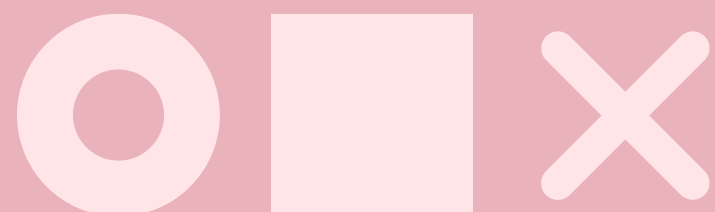
**INSIGHTS INTO
TODDLER
BEHAVIOR:
CAUSES, TIMING,
AND
MOTIVATIONS**

RESOURCES FOR PARENTS: UNDERSTANDING YOUR CHILD'S BEHAVIOR

AS A PARENT, IT'S NOT UNCOMMON TO FEEL OVERWHELMED OR CONFUSED BY YOUR CHILD'S ACTIONS. BUT DON'T WORRY, WE'VE GOT YOU COVERED. CHECK OUT THESE HELPFUL RESOURCES THAT OFFER A DIFFERENT PERSPECTIVE ON WHY YOUR CHILD BEHAVES IN CERTAIN WAYS AND WHAT YOU CAN DO TO HELP. THESE EXAMPLES ARE DERIVED FROM COMMON CLASSROOM SCENARIOS, ALTHOUGH IT'S IMPORTANT TO REMEMBER THAT NOT EVERYTHING TRANSLATES TO HOME LIFE.

CHILDREN LEARN BY TRIAL AND ERROR, SO IT'S ESSENTIAL TO LET THEM EXPLORE THE WORLD AROUND THEM SAFELY. IT'S NATURAL FOR CHILDREN TO MAKE MISTAKES, AND IT'S UP TO US AS PARENTS TO GUIDE THEM THROUGH EACH LESSON. REMEMBER, YOUR CHILD IS A UNIQUE INDIVIDUAL WITH A RANGE OF EMOTIONS AND EVOLVING OPINIONS. WHEN YOU'RE FEELING OVERWHELMED, IT'S OKAY TO EXPRESS THIS TO YOUR CHILD AND PARTNER. IT'S CRUCIAL FOR KIDS TO UNDERSTAND THAT ADULTS EXPERIENCE THESE FEELINGS TOO. BY DISPLAYING NATURAL REACTIONS DURING THIS STAGE OF YOUR CHILD'S DEVELOPMENT, YOU'RE HELPING THEM LEARN HOW TO NAVIGATE THEIR OWN EMOTIONS.

Tips and Examples for Handling Strong Personalities in Conversations: Insights from a Preschool Class



STATEMENT FROM CHILD

“NO, I CAN DO IT BY MYSELF!”

“I WANT TO CARRY THAT!”

“DON'T TOUCH ME! I CAN DO IT ALL BY MYSELF!”

“I DON'T NEED TO GO POTTY.”

“NO I'M NOT READY TO LEAVE, I WANT TO STAY AND PLAY!”

“I'M NOT TRYING THAT, I WANT SOMETHING ELSE! THAT LOOKS YUCKY!”

“I SAID I DO NOT LIKE THAT! ONLY WANT FRUIT, NOT RICE!”

SUGGESTED RESPONSES FOR CAREGIVERS TO CONSIDER

TRYING NEW THINGS IS HARD! ENCOURAGING CHILDREN TO EAT NEW THINGS IS SIMILAR TO TRYING NEW SKILLS OR ACTIVITIES. THE CHILD'S INTEREST SHOULD ALWAYS BE INCORPORATED WITH PATIENCE AND TRIAL AND ERROR IN MIND.

"I'M SORRY YOU FEEL THAT WAY, I AM GOING TO TRY IT AND I'LL LET YOU KNOW WHAT I THINK OF IT. THAT'S OKAY IF YOU FEEL THAT WAY BUT THIS IS WHAT WE ARE EATING AND WE WON'T MAKE ANYTHING ELSE. IF YOU TRY IT YOU MIGHT BE SURPRISED WHAT YOU TASTE?! IT'S YOUR CHOICE EITHER WAY."

IF ALLERGIES ARE NOT A CONCERN, MAKE ONE MEAL AND SERVE YOUR PRESCHOOLER THE SAME FOOD YOU AND THE REST OF THE HOUSE ARE EATING. NEW FOODS OR FOOD THEY HAVE ALREADY GATHERED AN OPINION MIGHT BE MORE TRYING TIMES BUT KEEP A CONSISTENT AND REALISTIC EXPECTATION FOR MEAL TIMES. ENSURE YOUR CHILD THAT THIS IS THE FOOD AND THE TIME THEY HAVE TO EAT IF THEY ARE HUNGRY. WHEN THEY ARE REFUSING AND THROWING TANTRUMS REMIND THEM OF THE NATURAL CONSEQUENCES OF NOT EATING (BEING HUNGRY, CHANGING THEIR MIND LATER MIGHT MEAN IT GETS COLD OR HAS TO BE PUT BACK IN THE FRIDGE TO STAY SAFE TO EAT WHEN READY. 'REMEMBER WE ARE ALL HUMAN WHICH MEANS IN TIMES OF HIGH STRESS WE WILL RESTRICT WHAT WE CAN CONTROL (EATING, SLEEPING, GOING TO THE BATHROOM). HOWEVER, THIS ALSO MEANS THAT WHEN WE NEED OUR BASIC NEEDS TO BE MET, WE WILL CAVE IN TO EATING, SLEEPING, AND GOING TO THE BATHROOM TO MEET THOSE NEEDS.'

SUGGESTED RESPONSES FOR CAREGIVERS TO CONSIDER

**“NO I’M NOT
READY TO
LEAVE, I
WANT TO
STAY AND
PLAY!”**

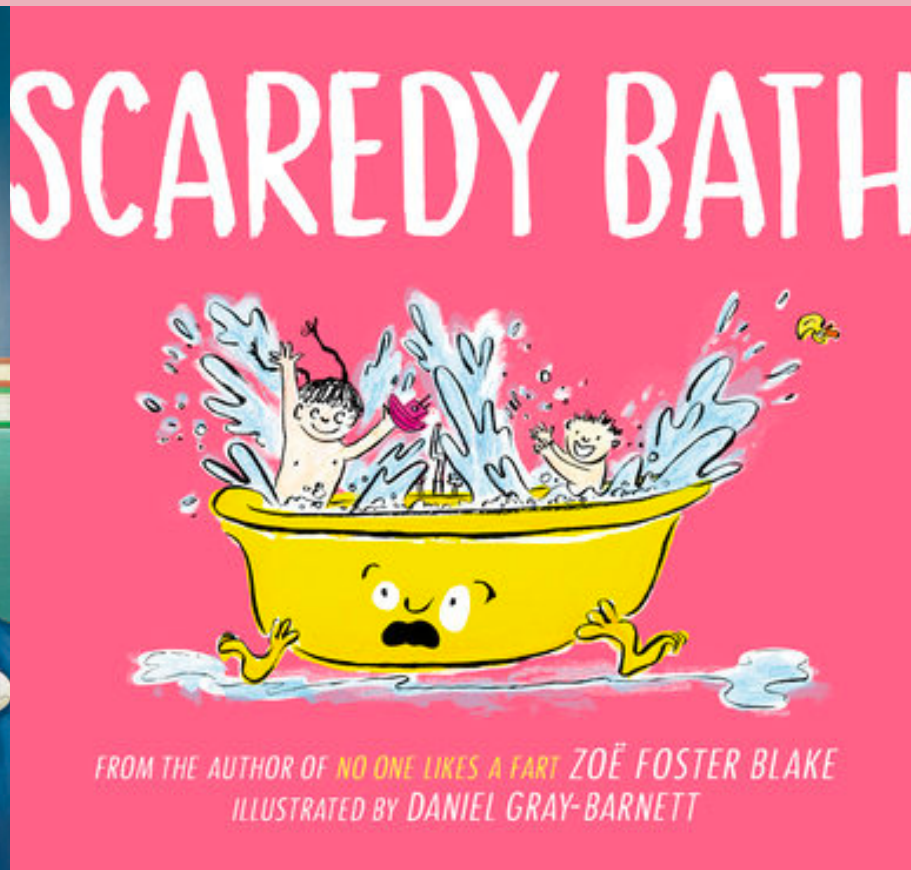
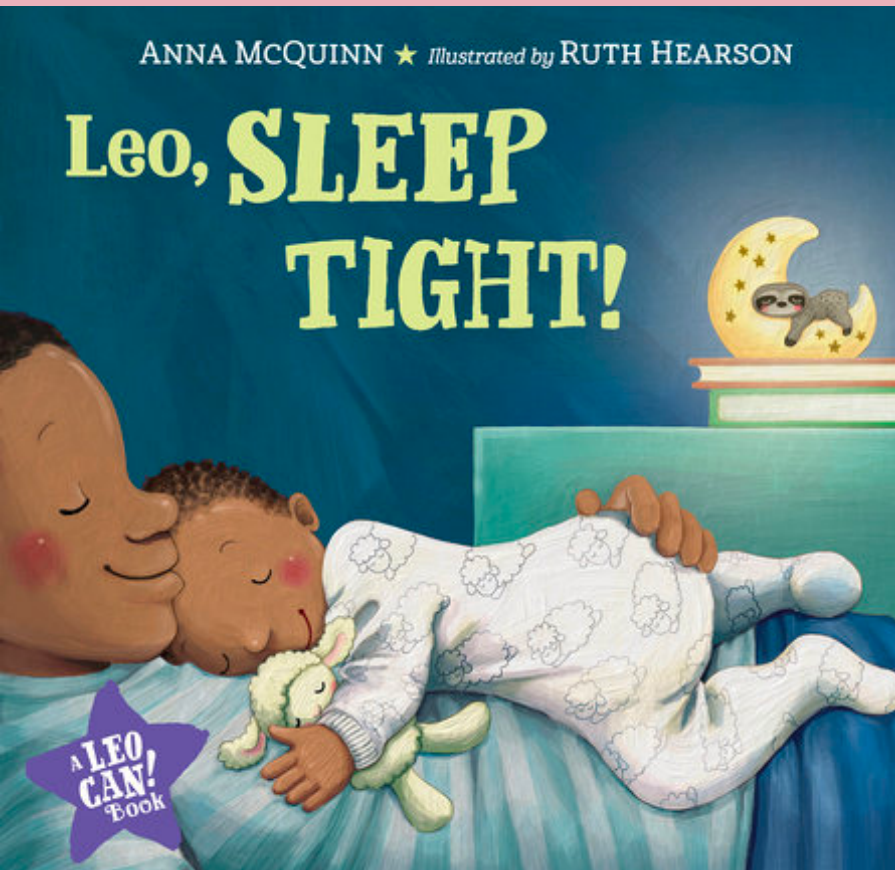
“I UNDERSTAND YOU ARE NOT READY TO LEAVE THIS RIGHT NOW. I AM GOING TO GIVE SOME CHOICES. WOULD YOU LIKE TO STAY AND PLAY FOR 2 MORE MINS OR 5 MINS. WHEN YOU MAKE THE CHOICE WE WILL SET A TIMER TO REMIND US WHEN OUR TIME IS ALL DONE.”
TALK OUT LOUD WITH YOUR CHILD ABOUT THEIR CHOICE OF TIME AND LET THEM KNOW THE EXPECTATIONS. IF THE TIMER IS NOT FOLLOWED THROUGH TO HELP TRANSITION THEN THE CAREGIVER WILL MAKE THE CHOICE WHEN TO TRANSITION. PROVIDING AN AVENUE OF CONTROL WILL HELP YOUR CHILD FEEL LIKE THEIR CHOICES ARE BEING RESPECTED.

**“I DON’T
NEED TO GO
POTTY.”**

***ALWAYS RESPECT YOUR CHILD’S BOUNDARIES AROUND THEIR BODY AND THE AUTONOMY THEY DESERVE AS LONG AS HEALTH AND SAFETY IS NOT A CONCERN. WHEN IT IS NOT A CONCERN TRY GENTLE REMINDERS WITH NATURAL CONSEQUENCE EXAMPLES.**
“I HEAR YOU TELLING ME YOU DON’T NEED TO USE THE BATHROOM. I THINK TRYING WOULD BE A SAFE CHOICE TO ENSURE NO ACCIDENTS HAPPEN. DO YOU WANT TO TAKE THE RISK OF BEING IN YOUR BODY OR WOULD YOU LIKE TO TRY SITTING ON THE POTTY BEFORE WE MOVE ON TO THE NEXT THING?”

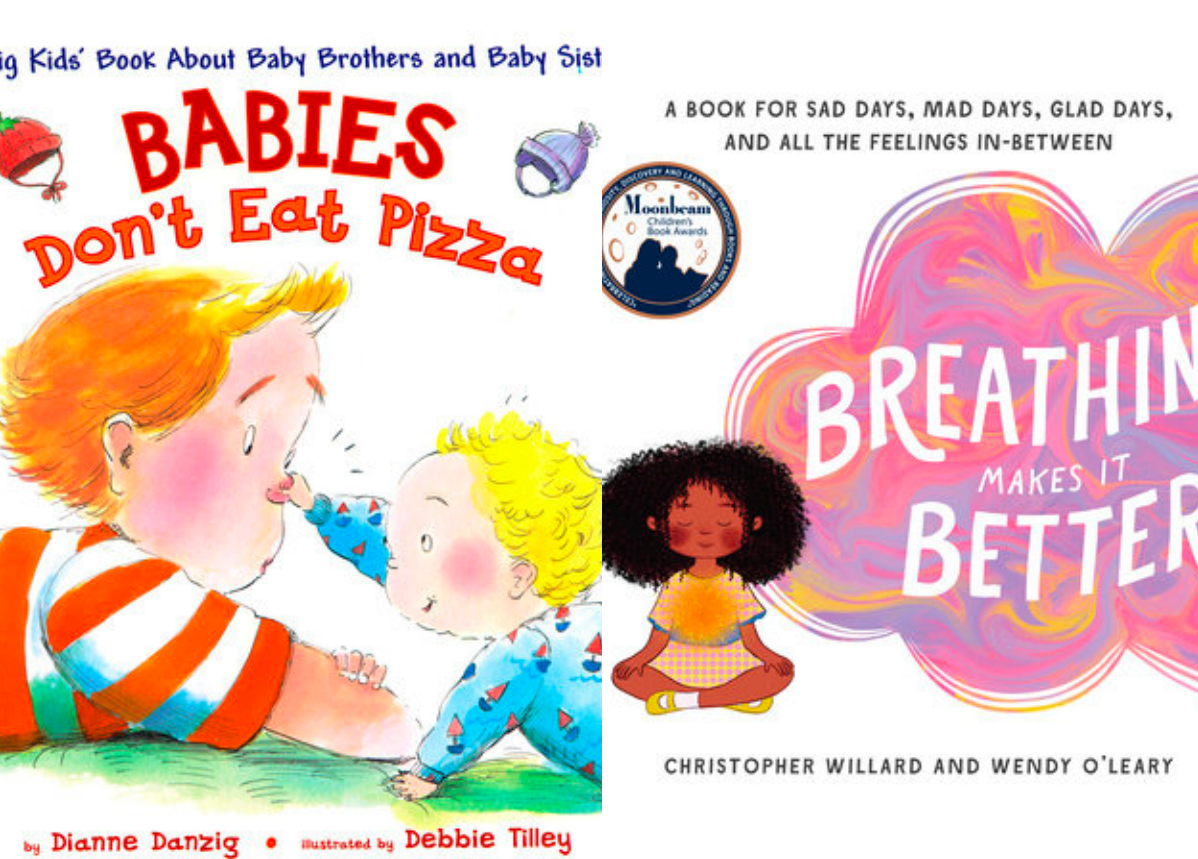
**“DON’T TOUCH
ME!
I CAN DO IT
ALL BY
MYSELF!”**

***IF THE REQUEST IS NOT A SAFE CHOICE FOR YOUR CHILD TO EXPLORE THEN TRY SUMMARIZING WHAT YOU HEARD AND WHY IT’S NOT SAFE**
“I HEAR YOU WOULD LIKE TO DO THIS BY YOURSELF, BUT I AM GOING TO HELP YOU BECAUSE IT IS NOT A SAFE OR HEALTHY CHOICE.”
REMIND YOUR CHILD WHAT THE NATURAL CONSEQUENCE THAT WOULD OCCUR IN REGARDS TO HEALTH AND SAFETY TO ANSWER THEIR “WHY’S?!” THAT COMES UP WHEN NEGOTIATING TAKES PLACE.



STORY LIST FOR PRESCHOOLERS ABOUT

BIG FEELINGS



BECOMING SIBLINGS

BED/BATHTIME,