

Nurturing Toddlers



The first 3 years of your child's life is a joyful and amazing journey; however, normal stages of development can become extremely stressful times. Normal growth and development can include hitting, interrupting, temper tantrums, whining, running in unsafe areas, and of course potty training challenges.

How to Parent Toddlers Safely

Distract

When your toddler is about to do something that could be dangerous, distract them with another activity.

Ignore

When your toddler is behaving less than perfectly, but is in no danger, ignore the behavior.

Plan Ahead

Avoid behavior problems by planning ahead. Give a snack before grocery shopping. Allow extra time for outings.

Walk Away

If your toddlers' behavior is upsetting you and you feel you might lose control.



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Managing Stress

Tips for Parents

Move Your Body

Regular exercise releases endorphins, a chemical in the brain that can improve your mood and make you feel less stressed!

Breath Deeply

Taking slow, deep breaths can help slow your heart rate and reduce tension.

Make Time For Yourself!

A toddler requires a lot of patience, but in order to keep your stress levels low, you need attention too! Set aside time each week to do an activity that is just for you.

Smile

Sounds silly, but studies show that smiling and laughing actually make you feel better!

Ask For Help

Just ask. Friends, neighbors, relatives and professionals are a great help when things get tough. Make a list of contacts before you actually need them so that you're prepared for that moment when you really need a break.



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