

I Am A Toddler, What Do You Expect?

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What Style of Caregiver are YOU?

- Based on level of control
- Based on level of warmth?

Brain Development:

Lower areas of the brain develop first – this drives the instinctive and emotional responses

Higher areas of the brain develop much later – this drives managing emotions and curbing impulses

Important Factors on Brain Development:

- Warm and loving behaviors
- Consistent care
- Meeting basic needs
- Learning via REAL experiences
- Developing at their own pace

Stages of Social Play:

1. Solitary – playing all by themselves
2. Parallel – playing side by side
3. Onlooker – looking but not directly participating
4. Associative – small group play
5. Cooperative – working together with rules

Toddlers View of the World

- ✓ “The world is a large place, I am small, so it can be overwhelming at times
- ✓ “I often think I am physically attached to people I care about”
- ✓ “Falling is common and it seems to bother the adults more than me”
- ✓ “The changes in my mood are very sudden and often overwhelming to me. I don’t know how to calm down”
- ✓ “I don’t know what to do with all my energy, I hate having to sit still, when there is so much to do”

Attachment is the most crucial need for every child,
James Garbarino
It is much harder for boys.

It is common behavior for a toddler to hand an object to a person they want to make contact with.

Establish Social Rituals with Toddlers:

- Whenever anyone enters the space, say, “Look ___ is here, say HI to _____
- Wave at someone
- Saying “good-bye” and waving good bye

Remember it is easier for a toddler to start something new than it is for him/her to stop what they are doing.

Principles that underline behavioral techniques:

- ✓ Very clear choices
- ✓ Acknowledgement
- ✓ Ignoring “negative” behaviors
- ✓ Distraction
- ✓ Humor
- ✓ Consistency
- ✓ Power opportunities
- ✓ Trust

Developing possessiveness is very important skills for later social interactions. You must feel ownership before you can give it up!

Strategies to Reduce Biting:

- Lots of teething toys to bite
- Try to prevent frustrations as it builds
- Use the word “wait” rather than “no”
- Assign someone to bite
- Coach the biter, “say mine”
- Teach children to move away from the biter
- Avoid showing distress

Trust:

This belongs to me as long as I want it

I don't have to share my adult all the time

I can be mad

I did not ask to be here!