



## Behaviour

Your toddler is exploring the world around them full of curiosity and energy, discovering how the world works and where they fit in. It can be a challenging time for parents – but with predictability and consistency, you can enjoy this stage together.

### What to Expect

- Your toddler is learning to regulate their big emotions. They are likely to have tantrums.
- Your toddler is trying to understand the world around them. They push boundaries to test what the rules and limits are.
- Your toddler is learning to be more independent and assertive.
- Your toddler is learning how to play and interact with others.
- Toddlers have shorter attention spans than older children and adults.
- Your toddler can't yet see that their actions have an effect on others.

### Challenges

- It can be hard to manage your toddler's behaviour.
- How you feel can have an impact on your toddler, so it's important to manage stress and take the time to calm yourself and then reconnect with your toddler.
- Toddlers are very responsive to the environment around them. Feeling hungry, tired or unwell can all impact your toddler's mood and behaviour.

### Tips to Manage Behaviour

- Your toddler needs you to be in tune and responsive to their needs in a kind, predictable and consistent way.
- They need boundaries and guidance as they learn about the world.
- When talking to your toddler, get down to their eye level and gain their attention.
- Pay attention to the behaviour you desire, giving labelled praise, e.g. 'Thank you for packing away the toys – great job'.
- Offer clear, simple instructions.
- Divert and distract your toddler from unwanted behaviour.
- Spend time playing and sharing experiences with your toddler – they love being with you.
- Allow opportunities to problem-solve but stay close and offer help if needed.
- Celebrate success, as this builds self-esteem and confidence.
- Talk to your toddler and give them words to describe how they're feeling.
- Try to limit the word 'no' in instructions e.g. 'We play gently with our toys'.
- Ensure your toddler has time to transition from one activity to another. They are more likely to cooperate.
- Be consistent and predictable.

### Safety

- Keep your toddler close and hold hands when out and about.
- If your toddler is having a tantrum, ensure they will not injure themselves from their surroundings.

