

SUCCESS BASICS

Five fun, easy and powerful ways to help your child grow smarter.

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Tips for Toddlers & Preschoolers (12-60 Months Old)

MAXIMIZE LOVE, MANAGE STRESS

Snuggle Up

Regularly hug and cuddle your toddler to help them feel safe and loved. And, remember that boys need just as much love as girls do.

Respond to Them

Watch and respond to your toddler's words, feelings, and behaviors when they are upset as well as when they are happy.

Encourage Them

Toddlers get a lot of satisfaction and confidence as they master new tasks. Help your child try new things. Follow their lead when they seem interested in something. Be supportive and encouraging as they take chances. Reassure them as they try to figure things out.

Involve Them

Find simple ways to involve your toddler in chores and other activities around the house. For example, they could help you stir while you are cooking. This makes them feel helpful and provides opportunities for learning.

Talk About Feelings

Teach your toddler to name their feelings. This will help them understand and express emotions. Let

them know that all feelings are OK, and that you are there for them when they are happy or upset.

Offer Choices

Offer choices like what to wear or eat, but give a limited number of options. For example, "It's time for a snack. Do you want an apple or grapes?"

Set Basic Limits

Focus on safety-related rules like not hitting people. Put "No" in front of the thing you don't want your child to do, then distract them with another activity. Use the same rules consistently so your child learns them. Do your best to stay calm.

Have a Routine

Have consistent times and ways of doing activities like feeding, bathing, reading, and bedtime. Your child will have an easier time with activity transitions when they know what to expect. Another part of a routine is having rules that you use consistently.

Manage Household Stress

Stress is normal, but too much stress is bad for a brain that is still developing. Adults' stress can trickle down to children, so it is important to have strategies for coping when your life gets stressful. Talk to friends, family, or your doctor about ways to deal with stress.



Funding from the Office of Great Start within the Michigan Department of Education supports the implementation of Great Start.

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