

Helping Toddlers with Self-Control

1. Allow the toddler to make his/her own decisions, when possible.
2. Tell the toddler what is going to happen before it happens.
3. Give the toddler transition time from one activity to another.
4. Verbalize feelings of the child.
5. Play pretend games of obedience.
6. Make requests in a pleasant tone of voice.
7. Remove difficult toys or play equipment that seem to frustrate the child.
8. Reduce or avoid demands when the toddler is tired, hungry, or ill.
9. Have enough toys or ideas to prevent boredom.
10. Offer to help when the toddler seems to need it.
11. Honor the toddler's small requests (demands).
12. Praise the toddler for signs of self-control.
13. Leave the child alone during temper tantrums.
14. Comfort the child after a tantrum to assure him/her of your love but displeasure with his/her actions.
15. Talk to the child about how much happier his/she will feel if he/she avoids a temper tantrum.
16. Remember--toddlers do not reason, they just react.