

Raising Toddlers: Tools for Everyday Challenges



Highlights

Toddlers (1 to 3 years) can be affectionate but also challenging. Common behaviours include temper tantrums, fussy eating, and biting. These behaviours are normal, but there are tools to manage them. Encourage good behaviour by focusing on positive actions, avoiding unwanted ones, and showing love. You are your child's primary role model for behaviour.

In This Article

- Living with a Toddler
- Setting Boundaries and Discipline
- Understanding Toddler Behaviour
- When to Seek Help
- Tools And Assistance

Living with a Toddler

Toddlers are learning about emotions and boundaries. Tantrums, fussy eating, and biting are common.

These behaviours are normal for their age. Positive parenting helps manage behaviour and build relationships.

Setting Boundaries and Discipline

Consistency is key. Agree on a parenting style and, if needed, attend parenting courses.

Use a loving tone and set healthy boundaries to teach self-discipline.

Plan ahead to stay calm when frustrated with toddler behaviour.

Understanding Toddler Behaviour

Common behaviours include:

Managing emotions like anger and frustration.

Saying 'please' or 'thank you.'

Sharing and taking turns.

Following simple instructions.

To encourage good behaviour:

Ensure enough sleep.

Provide a healthy diet.

Create a safe, engaging environment.

Promote physical activity.

Keep a predictable routine.

Positive parenting tips

Focus on positive behaviours and ignore negative ones as much as possible.

Notice and praise good behaviour. Be specific with your praise.

Reframe instructions to sound positive: "Once you put your shoes on, we'll go to the park."

Maintain a predictable routine for your toddler.

Be patient, especially during transitions, like welcoming a new sibling.

Communicate clearly:

Set realistic expectations.

Use a calm tone.

Offer choices: "Do you want to wear the green or red jumper?"

Managing toddler behaviour requires time and consistency. Enjoy your time with your toddler to build a loving, cooperative relationship.

When to Seek Help

Severe or persistent behaviours may indicate a developmental or mental health issue. Seek help if:

Behaviours are severe compared to peers.

Discipline efforts don't work.

There's a significant impact on family life.

Your health provider can guide you or refer you to a specialist.

Tools And Assistance

Peer support - playgroups, community centres, and parenting forums

Parenting programs - such as the Positive Parenting Program (Triple P) or Circle of Security

Early childhood health services - for development checks and behaviour support

Family counselling - for managing stress and parenting challenges

Online resources - government health websites and parenting tools