

MAKING A DIFFERENCE

Toddlers will have temper tantrums. Knowing that this is normal does not always make it easier to deal with.

One of your hardest jobs is to help your child learn self-control when she has a temper tantrum. Don't give in or try to reason with her. Remain calm and take her to a safe place where she can cry it out. Then hug and soothe her. Set reasonable expectations and limits. Use distraction and humour to prevent tantrums when you see them coming. When you stay calm and consistent, your child learns how to control her feelings.

What I Need

I'm ready for simple stories and will try to "read" by myself. I like it when you help me repeat rhyming songs.

Don't worry if I am a boy and I like to play with dolls or I am a girl who spends my time playing with dump trucks and cars. Right now I want to explore everything around me.

I'm beginning to understand "soon" and "now." I am learning to wait for what I need (but I don't like it).

If you plead with me or get angry when I misbehave, I might resist more to get attention. If you tell me clearly what you want and walk away without a fuss, I will probably do it.

I need regular routines for getting up, eating, playing and going to bed.

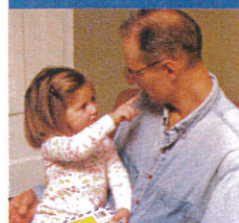
HELP YOUR TODDLER SUCCEED STEPS FOR HEALTHY CHILD DEVELOPMENT (18 to 36 months)

SAFETY



- Keep all medicines and toxic materials out of reach and in containers your child cannot open.
- Provide safe opportunities for your child to climb, swing, run and slide.

SECURITY



- Listen carefully to your child's questions and answer them.
- Follow through when you promise to spend time with your child.

HEALTH



- Make sure your child wears a hat and sun block when playing outdoors.
- Schedule a three-year well-baby checkup.

LEARNING



- Help your child name, describe and compare different animals, objects and movements.
- Enjoy counting games and rhymes together.
- Talk to your physician if you have concerns about your child's speech or language development.

ADJUSTING



- Start the day with an unrushed morning routine. Help your child choose his clothes the night before.
- Respect your child's right of ownership. Don't force her to share her favourite toy. Help her find other toys she can comfortably share.

What to Expect *Remember:* Every child develops at his or her own pace. Your child may be slightly behind or ahead of these guidelines. If you are worried, talk with your doctor, a public health nurse or another trusted health professional.

- Your child will learn to hop, kick, throw a ball and pedal a tricycle.
- He will be able to unwrap packages, fold paper, draw lines, put round shapes into round holes and do simple puzzles.
- Your child's language skills will explode during this time. Some two-year-olds learn a new word every two hours (she understands more words than she says).
- He will play alongside another child and may begin to play cooperatively.
- She may have temper tantrums when she is frustrated, especially if she is overtired. She may bite or hit others when she is angry.
- Some time between the ages of two and three (or slightly before), he will be ready for toilet training. He will probably still need a diaper at night.

Take Care of You

As the parent of a toddler, you probably have a lot of questions. You may feel anxious about trying to do everything right. If you are a newcomer to your community, you may not have family members or friends to turn to for advice.

One of the best ways to deal with concerns and isolation is to meet and talk with other parents and children. Try talking with other caregivers at the park.