

Things That Will Help Me Stay Calm

Toddlers

Try to **understand** what my behavior is **communicating**.

I want your attention.

I'm tired.

I need a break.

I need a diaper change.

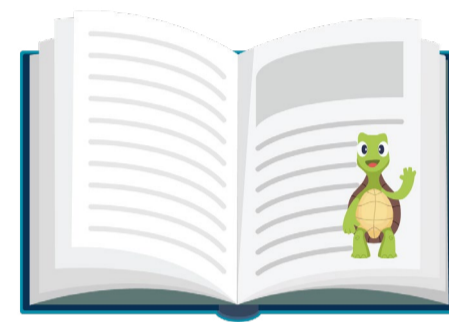


Consistency throughout our day. Having a similar order to the day and doing activities in a similar way helps me feel safe.

- reading a book or telling stories at bedtime
- singing a song during diaper time

First

Read a book



Then

Sleep



Connect with me throughout the day: talking, smiling, hugging, singing, holding.

- Listen and respond when I try to tell you something.
 - When we play together, let me take turns with you.
 - Join in my play and follow my lead.
 - Talk about what I am doing or watching.
 - Talk and play with me at my level.
- Bring me up or lower yourself down.



Stay close in new places and with new people. I rely on you to know I am ok.



Teach me about emotions.

Name your feelings and my feelings throughout our day.



Help me prepare for new or challenging situations (e.g., talk about what will happen, give me a comfort item).



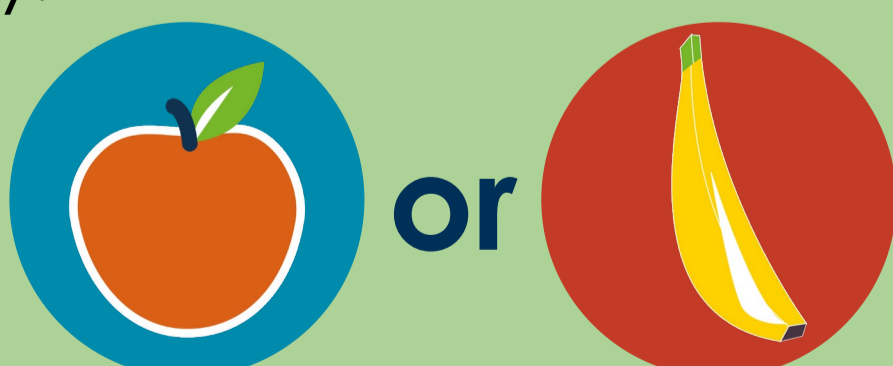
Play problem-solving games.

Pretend to forget an action or item during a part of our day and see if I remember what to do.

What do you need to eat your cereal?



Provide me with **choices** throughout my day.



More family resources at ChallengingBehavior.org/Implementation/Family.html

