



# 5 Simple Tips

To Support Your **Toddler's** Social Emotional Health During



## Dressing

- 1** Let them help.  
*"Mika, hold your arms up high, while I pull your shirt over your head!"*
- 2** Offer choices.  
*"Josef, do you want to put your shirt on first or your pants?"*
- 3** Practice patience.  
*"Anna, these socks are tough to get on! Let's take a few deep breaths and try again."*
- 4** Leave extra time.  
*"William, we are going to child care soon, let's go see what you want to wear today."*
- 5** Offer positive words.  
*"Nice going Elena! You got your shoe on your foot!"*

## You Are Your Child's First Teacher!

Together, you and your toddler can make dressing a special time for connecting. Toddlers like to show that they can do it—"All by myself!" When you offer choices and show patience they learn that you value their efforts. This will help them to keep trying and eventually learn to dress themselves. Toddlers look to you for encouragement. Let them know their efforts matter, "*Tamika, you pulled your pants up! You are doing new things, daddy is proud of you.*"





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## Meal Time

- 1** Let them help.  
*"Hey Talia, I bet you could hold your spoon!"*
- 2** Offer choices.  
*"Derek, do you want the red cup or the blue cup?"*
- 3** Eat together.  
*"Daddy likes his rice; do you like your rice Jayden?"*
- 4** Know when your child is hungry.  
*"Maria, I see you frowning and you are getting frustrated, let's have a snack that is good for our body."*
- 5** Be a role model for healthy eating.  
*"Dana, let's share this banana."*

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Meal time offers an opportunity to connect and learn with your toddler. Take time to talk about the day together. Offering choices lets toddlers feel in control. Noticing cues that let you know your toddler is hungry or full—fussing, crying, etc. helps them feel understood.





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## Play Time

- 1** Join in!  
*"Ashton, Mommy, will run with you, let's go!"*
- 2** Stay close by.  
*"Michael, I am right here, I see you playing with trucks."*
- 3** Talk about what you see.  
*"Mia, you are jumping up and down with a big smile! You are excited."*
- 4** Show her how to do new things.  
*"Dalia, you can hold the bowl with this hand and then stir!"*
- 5** Have fun and laugh together.  
*"Brady, that's so silly, you make me laugh!"*

## You Are Your Child's First Teacher!

Toddlers love to learn. Your toddler learns by looking, touching and interacting with things around them. When you join in and encourage learning through play, it supports your child's brain to grow—getting them ready for school and life! So, take time to have fun every day.





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## Rest Time

- 1** Create a routine.  
*"Abia, In ten minutes we're going to read a book and then it's time for bed."*
- 2** Use routines across settings.  
*"Eden, don't forget your cuddle bear for grandma's house so you can have it at nap time."*
- 3** Offer choices.  
*"Keri, what pajamas do you want to wear tonight?"*
- 4** Take care of the basics.  
*"Justin, let's change your diaper before you rest."*
- 5** Take time to refuel.  
*"Neal, Daddy has to take a break too so we can play again later."*

## You Are Your Child's First Teacher!

Toddlers, need time each day to rest. Just like us! Gentle routines—doing the same thing every day, will help your toddler know what to expect and will help them ease into resting, *"Shana, it's time to pick out your stories for nap time."*





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## Diapering and Toileting

- 1** Create a routine.  
*"Li, let's sit on the potty and then we can wash our hands."*
- 2** Know the signs.  
*"Tamesha, I see you pulling on your diaper, do you need to be changed?"*
- 3** Offer choices.  
*"Grace, do you want to talk with Daddy while you are on the potty or be by yourself?"*
- 4** Follow your child's lead.  
*"Marcelo, you are upset right now, let's try again later."*
- 5** Prepare for toileting.  
*"Angela, do you want to read Once Upon a Potty?"*

## You Are Your Child's First Teacher!

Your child looks to you for support and guidance as they take on new challenges. As your toddler moves from diapers to using the potty they need your patience and support as there may be many accidents along the way. Each child moves at their own pace and when you read their cues and find ways to support them, this stage can be less frustrating for everyone, *"Shana nice job pulling up your pants! Thanks for trying, let's go wash our hands."*

