Promoting Your Toddler’s Optimal Emotion, Social, Cognitive and Language Brain Development

Predictable Responses for Separation and Reunions
Managing Tantrums with Ignoring, Redirection, Distractions and Patience
Familiar rhythmic motion
Puppet Play
Pretend Play
Tender Touch
Surprise Rewards
Developmentally Appropriate Requests and Rules
Child-directed Play Time
Positive Attention and Love
Positive Tone of Voice and Praise
Social Coaching

Calm, Patient and Consistent Responses
Modeling and Prompting Self-Regulation Skills
Predictable Responses for Bedtimes and Mealtimes
Modeling and Prompting Words
Describing objects, actions and positions
Singing Songs and Rhymes
Mirroring and Imitating Toddler’s Actions and Sounds
Limited Screen Time

Emotion Coaching
Daily Physical Play and Exercise
Safe & Child-Proofed Environment
Daily Reading Time

Providing Healthy Food
Limited Physical Activity
Describing objects, actions and positions
Daily Physical Play and Exercise

Emotional Development
Social Development
Language/Cognitive Development
Physical Development

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