

Refrigerator Notes

Ensuring Your Toddler's Safety: Part 1

Toddlers are driven to explore and are curious about everything—they have no inhibitions and don't understand danger! Therefore one of the biggest challenges for parents is doing as much as possible to keep your child safe. Do this checklist and see how toddler-proof you are.

Action	yes	no
Monitor and supervise my toddler at all times; am vigilant about this.		
Toddler-proofed every room in my house		
Keep emergency numbers next to the phone (including a poison control number)		
Keep curtain and blind cords out of reach		
Ensured all my windows are lockable and use window guards		
Put plastic covers on electrical outlets		
Unplug electrical appliances when not in use		
Put latches on cupboard doors and drawers		
Keep chairs and cribs away from windows		
Keep small objects such as coins, marbles, batteries and purses out of reach of my toddler		
Keep toilet seat closed at all times. If my toddler is attracted to water, keep the bathroom door closed/locked or use a toilet seat lock		
When bathing child, I do not leave a filling/filled tub unattended. I keep my toddler with me while tub is filling. Once my child is in tub, I do not leave, even for a second. I drain water as soon as my child is out of bath		
Do not leave my toddler alone with my pet and keep litter box in walled off area		
Made sure my plants are not dangerous (called poison control center)		
Installed baby gates at the top and bottom of stairs		
Use fire-retardant sleepwear		
Turned down the temperature on my hot water heater		
Locked all medications (including vitamins) in lockable medicine cabinet or cash box that can be stashed on a top shelf		
Keep all products such as shampoo, cosmetics, nail polish remover, household cleaners, scissors, razors out of my toddler's reach		
Keep electrical hair dryers out of my toddler's reach		
Keep stuffed animals away from cooking area		
Turn pot handles toward back of stove & secure oven door		

Refrigerator Notes

Ensuring Your Toddler's Safety: Part 2

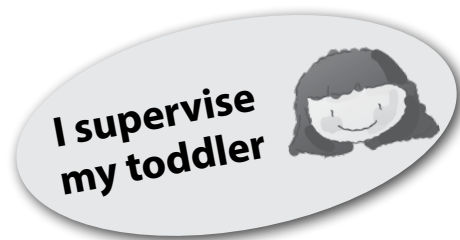
Toddlers are driven to explore and are curious about everything—they have no inhibitions and don't understand danger! Therefore one of the biggest challenges for parents is doing as much as possible to keep your child safe. Do this checklist and see how toddler-proof you are.

Action	yes	no
Never leave my toddler unattended while eating; do not give them popcorn or peanuts		
Have a play area in kitchen—give him his own cupboard with plastic containers, wooden spoons etc.		
Avoid latex balloons—stick to Mylar		
Put fireplace guards around fireplaces or heaters		
Supervise my toddler when he's using a riding toy		
Use a helmet when my child is riding a tricycle (to get in habit)		
Keep my toddler in a car seat and strapped in facing the rear. (Children should be rear facing until they weigh at least 20 lbs AND are one year of age.)		
Use a government-approved car seat. I never ride in the car with my toddler in my arms. I will keep my toddler in a car seat until he is at least 40 lbs and then in a booster seat until he is 4'9".		
Never leave my child unattended in car, even if dashing to the store for a minute.		
Put sunscreen on and sun hats on my children when in the sun		
I have taken a first aid and infant/toddler CPR class		
I stay within arm's reach of my toddler near traffic, water, or other dangerous situations.		
I am teaching my toddler to "stop" for traffic and to hold my hand as we cross the street		
In very dangerous or crowded situations (near water, near traffic, in a busy airport) I keep my toddler safe in a backpack, stroller or harness.		
When I buy toys I will check their safety rating.		



REFRIGERATOR NOTES ABOUT LIMIT SETTING

- Don't give unnecessary commands.
- Give one command at a time.
- Be realistic in your expectations and use age-appropriate commands.
- Use "do" commands.
- Make commands positive and polite.
- Limit use of "stop" or "no" commands.
- Give children ample opportunity to comply.
- Give warnings and helpful reminders.
- Don't threaten children; use "when-then" commands.
- Give children choices whenever possible.
- Make commands short and to the point.
- Support your partner's commands.
- Praise compliance or provide consequences for noncompliance.
- Strike a balance between parent and child control.
- Use distractions and redirection when possible.

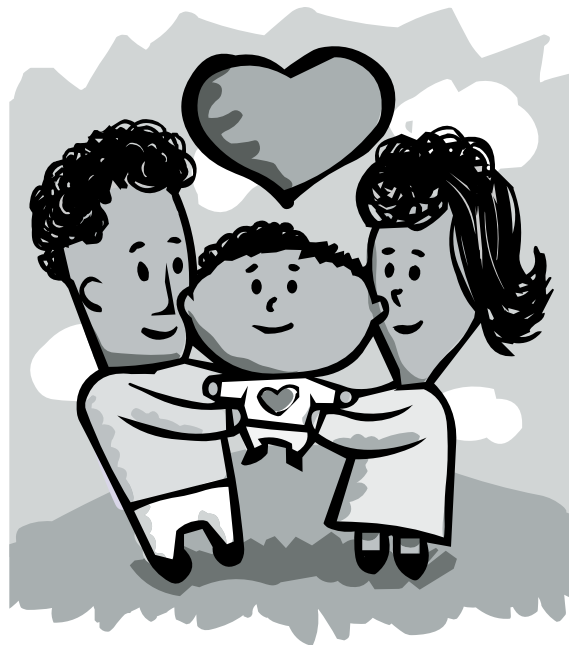




REFRIGERATOR NOTES

Positive Discipline Helps My Toddler Feel Loved and Secure

- Play frequently and provide social and emotional coaching
- Label and reflect your toddler's feelings—even negative feelings
- Structure your toddler's day with a predictable routine for mornings, naps, meals and bedtime
- Set clear limits when needed to keep your toddler safe
- Help your toddler prepare for transitions or changes in routine
- Have a predictable routine for leaving your child and reuniting
- Give your toddler choices when possible
- Share your love and praise and tell your toddler how special he is
- Give your toddler attention and praise for positive behavior
- Redirect your toddler's negative behavior
- Allow your toddler independence when possible
- Help your toddler explore while giving appropriate support
- Ignore tantrums and give back attention as soon as tantrum stops
- Take care of yourself by getting support from others and doing things for yourself





REFRIGERATOR NOTES ABOUT IGNORING

- Avoid eye contact and discussion while ignoring
- Physically move away from your child but stay in the room
- Be prepared for testing
- Be consistent
- Return your attention as soon as misbehavior stops
- Combine distractions and redirections with ignoring
- Choose specific child behaviors to ignore and make sure they are ones you can ignore
- Limit the number of behaviors to systematically ignore
- Give more attention to the positive opposite behaviors you want to encourage



**Stay calm
and in control**



**Be prepared for
testing**

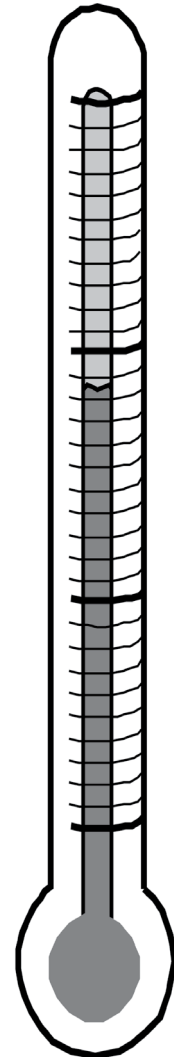




REFRIGERATOR NOTES

Teach Calm Down Strategies

- When your child is calm practice taking deep breaths and praise your child by telling him he is very strong at calming down
- Notice times when your child stays calm in a frustrating situation and praise her for her patience and calmness
- Use emotion coaching and comment on times your toddler is happy, excited, curious, calm, angry or frustrated. Try to comment on more happy feelings than angry or sad ones
- Model staying calm yourself in frustrating situations—take a deep breath—say, “I can calm down” in front of your child





REFRIGERATOR NOTES

Managing Biting and Hitting

If your child bites or hits another child:

- Separate the children immediately
- Use kind but firm limit setting “no biting,” “no hitting”
- Stay calm
- Help child who was bitten or hit to say “I don’t like that”
- If possible, provide your child with words to resolve the conflict that led to the biting or hitting; “e.g., looks like you want a truck too, you can say, “I want a truck, please.” (even if your child can’t say these words, you have still modeled a better coping strategy).

If your child bites or hits you:

- Do your best to stay calm, even though the bite or hit may startle you and hurt
- Use kind but firm limit setting “no biting” and briefly put your child down or move away just a foot or two
- Tell your child that the biting hurt
- Ignore child for 1–2 minutes
- Redirect and reengage your child in a new activity, or provide her with words to communicate the reason for the bite.



REFRIGERATOR NOTES

Handling Tantrum Storms



Daily tantrums are a normal part of the toddler years. They occur because developmentally toddlers lack the verbal skills to communicate their feelings or wants, and have an immature emotional self-regulation system. This coupled with a strong drive to explore and be independent is a recipe for frustration for your toddler.

- Stay calm in the face of your toddler's storm—including kicking, screaming, throwing things or hitting.
- Don't try to reason or use a distraction with your toddler in the middle of a storm- the more you reason or yell, the worse the storm will rage.
- Stay in the room with your toddler while the storm occurs, but ignore the tantrum; do something else.
- Wait for the storm to subside and then return your attention immediately; praise your child's calm behavior and distract him to some other activity.
- No matter how long the storm lasts, don't give in or negotiate—even when you are in public. This short-term solution will lead to longer-term consequences of escalating tantrums and using these to get what he wants.
- Stay calm and in control—a tantruming child is feeling out of control and needs to feel that his parent is in control.
- If your toddler's tantrum escalates to hitting people or pets, or breaking objects, pick him up and carry him to a safe place. Then stay with him but ignore the tantrum.
- Think about why your child might be tantruming.
- Try to pre-empt storms when possible.

Think about why and when your child's tantrums occur—is it when your child is hungry? Or, tired? Or, involved in a transition to some other activity? Or, can't have something s/he wants? This might mean keeping snacks on hand, or, setting an earlier nap time, or preparing your child for a transition in advance which will give him a chance to adjust. If your child is grappling with control or independence issues, try offering choices when possible. Monitor how often you are saying "no" —are your limits necessary? Keep your battles for the important issues.

Remember—even with all your prevention strategies—toddlers will still tantrum and need to develop the self-regulation skills to calm down.