

INFANT DEVELOPMENT PROGRAM

IDP Playgroup Circle Time

Welcome to a brand new circle time video! Come sing with us!

https://youtu.be/bJt60hX_sgw

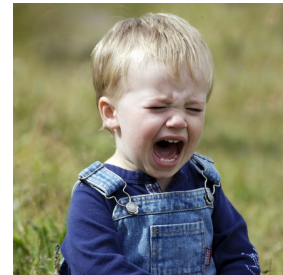
A Toddler's Rules of Possession

1. If I like it, it's mine.
2. If it's in my hand, it's mine.
3. If i can take it from you, it's mine.
4. If I had it a little while ago, it's mine.
5. If it's mine, it must NEVER appear to be yours in any way.
6. If I'm doing or building something, all the pieces are mine.
7. If it looks just like mine, it is mine.
8. If i saw it first, it's mine.
9. If you are playing with something and you put it down, it automatically becomes mine.
10. If it's broken, it's **YOURS!**

IDP Newsletter

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Dear IDP families, do you have questions about your toddler's behaviours? Read on...



Toddler Behaviour

Toddlerhood is an exciting time of growth, active exploration and a newfound sense of autonomy and independence. With this comes big feelings, frustrations with not being able to fully communicate or wanting to do something independently, but not being able to fully do so.



As a result, parents often witness "temper tantrums" or behaviours such as hitting or biting. While this can be troubling to parents, it is important to know these are usually a typical part of a child's

growth and development and there are a few things that parents can do to help minimize these "challenging behaviours":

- Choose your battles
- Set limits but with reasonable expectations
- Offer choices. This helps your toddler feel more in control of a situation.
- Redirect or distract your toddler
- Acknowledge and label your child's feelings
- Help your child learn to calm down by dancing or taking deep breaths and blowing bubbles
- Play games such as "go, go, stop", or involve turn-taking

If you have concerns about your child's behaviours or would like more information on how to reduce and respond to behaviours in a positive manner, please talk to your IDP consultant.