

10 Ways to Encourage Good Toddler Behavior

Toddler tantrums and other misbehaviors are legendary. Most parents know this. But do you know how to encourage your toddler to behave better?

Try these strategies to make life more pleasant for you and your son or daughter:

♥ **Grocery shop** with a well-rested and well-fed toddler. Bring a short list and healthy snacks to divert your child's attention from all of the tempting food, especially the aisles filled with colorful cereal and candy.

♥ **Schedule playtimes** with compatible playmates. You will learn quickly with whom your child has fun and the best time of day for them to play.

♥ Give your toddler **child-sized furniture**. This can encourage your child to be "busy" in a chair or at a table just for him or her.

♥ Make your child a **kitchen-helper**. Provide a step stool so your toddler can wash his or her hands in the sink before assisting you.

♥ **Establish routines**. Toddlers benefit from a regular schedule for sleeping and rising, bathing, dressing, eating, napping and playing.

♥ **Plan ahead**. Time your errands, appointments and other outings around your child's "better times." Bring quiet toys and healthy snacks.

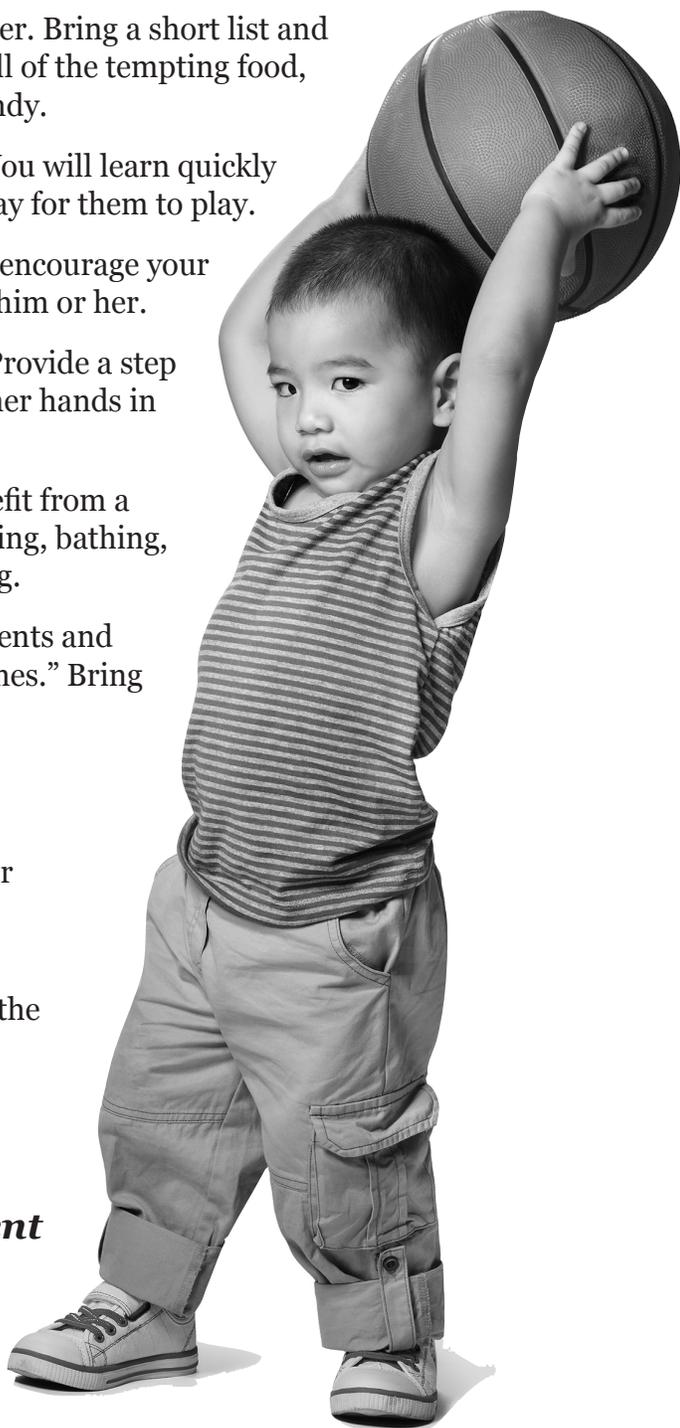
♥ **Offer choices**. Allow your child to select a bedtime story or pajamas.

♥ **Deny privileges**. Teach your child that misbehavior has consequences.

♥ **Name feelings**. Help your child learn how to express what he or she feels. Teach them to make the connection between feelings and words.

♥ **Give hugs and praise** for good behavior. Positive attention can motivate your toddler to behave.

Heaping doses of love and encouragement mixed with lots of planning and creativity can help you change how your toddler acts.



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1-800-552-7096 Virginia Child Abuse Hotline (language line available)

800-Children (800-244-5373) Parent Helpline