

PREVENT TODDLER AGGRESSION

Address the "Why?" behind the behavior



Lacking Skills

Join in Toddler Play
Model skills and help toddler communicate needs and feelings



Big Feelings

Prompt
Demonstrate with appropriate words
Sounds like... I'm mad! - No! - Help!- Stop.



Exploring

Switch it Up
Provide novel and interesting things to investigate



Testing

Keep Calm
Remain neutral and uninteresting as you reinforce, "No. Biting hurts"



Stressed

Prep the Child
Reduce anxiety by alerting the child to transitions with simple songs



Early Childhood
Tips & Tools with
Raelene Ostberg

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Live or On-Demand



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PROMOTING SELF-CONTROL

What you do makes all the difference.

1

Self-control is not about obedience, doing what you are told without question. As humans, we are more likely to be able to cognitively control our behavior when we buy into the reason behind the request.

2

Children actually have increased self-control when they are engaged in activities. Children are having difficulty adjusting to changes in expectations, much of their time filled with screen-directed learning, and a lack of free play time has resulted in self-control fatigue.

3

Children learn self-control from the examples they see around them. Our brains have mirror neurons that create a similar experience to what we see around us.

4

Children learn self-control through activities that they have to wait for, such as turn-taking activities, to learn to control their impulses.

5

When children trust their adult caregivers, they exhibit an improved ability to control their impulses and delay gratification in order to reach their goals. In contrast, if trust has been broken, children are less likely to hold out and maintain control.



***Build trust with routines, cues, and consistency with rules and limits.
When you say it, mean it.**



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PROMOTING SELF-CONTROL

What you do makes all the difference.

1

Self-control is not about obedience, doing what someone tells you to without question. As humans, we are all more likely to be able to cognitively control our behavior when we buy into the reason behind the rule or request.

***Teach children why something is important.**

2

Children actually have increased self-control today! Children are having difficulty adjusting to an increase in expectations, much of their time filled with adult-directed learning, and a lack of free time that has resulted in self-control fatigue.

***Build in sufficient "down time" where children are free to explore.**

3

Children learn self-control from the examples they see around them. Our brain's have mirror neurons that create a similar experience to what we see around us. Therefore, children imitate our reaction both internally and externally.

***Infuse calm and co-regulate to help children recover during stressful situations.** 

4

Children learn self-control from the experiences they have. Specific adult reactions, games and activities, help develop the brain pathways needed to learn to self-regulate, calm independently, and avoid aggressive behaviors.

***Practice using specific adult reactions, activities and games, to bolster these skills.**

5

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