



1. Cheer on toddlers as they master new skills and milestones.
2. Be available to comfort and guide toddlers when they become frustrated, but also allow them to master new and challenging age-appropriate skills.
3. Show toddlers that you're excited by their discoveries about themselves, other people, and the world.
4. Say "yes" to toddlers more than you say "no." Choose carefully those times when you must say "no."
5. Encourage the concept of helping others by having toddlers do simple tasks, such as tearing lettuce or putting napkins on plates.
6. Ensure safety by childproofing all areas where toddlers play.
7. Show toddlers positive alternatives to inappropriate behaviors. Encourage them to use their expanding language skills.
8. Expose toddlers to other toddlers, but don't expect them to know how to play together. Supervise and help them learn to do this a little at a time.
9. Give simple, understandable boundaries, such as "Don't bite" or "Please be quiet."
10. Enforce boundaries and limits consistently. For example, always place toddlers in a car seat. Some toddlers don't like being restrained in the car, but be firm about safety issues like this one. Never let a toddler sit on your lap while riding in a car, even if you're going only a short distance.
11. As much as possible, have regular times for toddlers to sleep, eat, play, and relax.
12. Balance stimulating, structured time with free playtime.
13. Find ways to have positive, meaningful family times at home with toddlers.
14. Make a game out of learning the names of objects.
15. Help toddlers group objects according to similarities, such as shape, size, or color.
16. Whenever you're with a toddler, talk about what you see, and ask the toddler to talk about what he or she sees, too.
17. When toddlers act inappropriately, *show* them a better way to act.
18. Help toddlers find simple ways to show that they care for others—such as giving a sibling a hug or petting an animal gently.
19. If a toddler has a temper tantrum, take the child to a quiet place to settle down. Hold the child firmly but not harshly. Keep your voice steady and calm.
20. Allow toddlers to express their feelings, but give them guidelines on appropriate and inappropriate ways to act on them. ("You're mad at the puppy because she won't play with you. She doesn't like to have her tail pulled—that hurts. Try patting her back gently, instead.")
21. Whenever possible, give toddlers at least two equally appealing choices.
22. Ask toddlers what their favorite songs are. Sing the songs together.
23. Do not blame or shame toddlers when correcting their inappropriate behavior. Focus on the action, not the child. ("That wasn't a nice thing to do. It's not okay to throw blocks at people.")
24. Focus on what toddlers do right instead of what they do wrong. Applaud their new skills.
25. Interact with toddlers in loving, respectful, and caring ways.