



Best Toddler Tips

Parenting a toddler can be extremely challenging and utterly exhausting. While your toddler is naturally enthusiastic and energetic, they may sometimes behave like a little terror, making you feel as though you've got absolutely no idea where to start!

Try Our Tips for Toddler Taming:

Child-proof the House - Between their newly found independence, and their newly acquired skill of walking, toddlers can be hard to manage indoors. Save yourself the headache of saying 'no' all the time and lock up (or put out of reach) your valuables. Gate any area that is either dangerous (bathroom or stairs) or precious (the dining room full of glassware) but make sure too that you haven't boxed them into such a tiny space that they'll get restless.

Divert and Distract - It may seem sometimes that your toddler is contrary by nature, but really they just want what they want and they want it NOW! When reasoning and explaining doesn't work - 'No, you can't go outside because it's dark, raining and bedtime' - try diverting their attention with an activity they can enjoy with you. Try 'racing' with them to their bedroom - there's nothing a toddler likes more than being chased!

Tantrums - Always remember that these are a normal part of your toddler's growth, so take heart if they seem to be chucking a wobbly every single day - they won't go on forever. Take note of what sets them off (tiredness/the supermarket/over-stimulation) and perhaps try and avoid those triggers for a while.

Give Attention - Toddlers are really just very big babies with shoes on, so make sure that you give them as much attention and one-on-one time as you gave them when they were a babe-in-arms. This can be particularly challenging if a new baby enters the family, but your toddler needs you just as much as your newborn does, so perhaps try to have some activities lined up that you can do with your toddler in those rare moments of peace.

Aggression - Some toddlers are particularly aggressive and can find it difficult to spend any time at all with other children before there is an altercation. While some aggression is normal and healthy, if you do have an overly aggressive child, you need to teach him to be aware of their feelings and encourage them to express them by using words rather than actions. Encourage them to find activities that will allow them to vent their aggressive feelings in a constructive way - hammering and sawing, cutting, throwing a ball, banging musical instruments together.

Clinging and Grizzling - All toddlers cling and grizzle a bit, but if you have a particularly demanding toddler, you may need to give them more attention than they are getting. Make sure you give them lots of cuddles and avoid pushing them away - even if the clinginess is driving you mad - as it will only make their cling a little harder! To avoid becoming irritated by their clinginess, try to find ways that you can incorporate it into your daily life. Try sitting them on the kitchen bench so they can watch you work, instead of having them at your feet grabbing at you.

Take Some Time for Yourself - It's very easy to lose your sense of humour when you're down in the trenches with a toddler, so try to take a little time for yourself on regular basis. It will restore your perspective and remind you that the world is bigger than your kitchen. Even putting your toddler into a pram and going for a walk will give you some down time, as your toddler engages in the sights and sounds around them.