

My Toddler Guide

What situations are hard for my child? What do they have in common?

HALT (hunger, anger, lonely, tired)

Sensory: Temperature, Noise, Texture, etc.

Activity: Specific Situation, Song, Person, etc.

What about you? (the apple doesn't fall far from the tree)

When my child melts, what could be a factor?

Try to think of a natural consequence

Tell them what to do instead of what not to do (avoid don't)

Check your own reactions

Praise publicly, correct privately

Practice, practice, practice:

Using your words for EVERYTHING

Taking deep breaths to calm down

Keep exposing if they are afraid or have anxiety

Using a visual timer (app) as much as possible

Using social stories