



Parent's Survival Tips

Toddlerhood

From nurturing a burgeoning brain to quelling an escalating tantrum, raising a toddler is one tough task. Toddlerhood is an intensely important time in the life of a child. It's a time of rapid learning, brain development and physical growth. Knowing what to expect from your toddler and how to respond appropriately reduces household stress and enhances the connection between parent and child.

Here are some useful tips for communicating and connecting with toddlers:

- Take a deep breath. The assault on your house, your personal belongings... this, too, shall pass. Right now, to your toddler, everything's new, exciting... and just waiting to be explored.
- Childproof your house. Pack away your treasures and lock up any dangerous or poisonous items. You'll breathe a lot easier, and you won't have to say "No" so often.
- Keep the rules simple and few. This is especially true for young toddlers. Your goal is to keep your toddler safe. Table manners can wait! And so can toilet training.

For information, support and referrals related to parenting and family concerns, please call the Parent Helpline at 1-800-CHILDREN.