

Positive Discipline Cheat Sheet for Toddlers

* Stay Calm:

- Take a breath before responding.
- Get down to your toddler's level and speak softly.

* Set Clear Boundaries:

- Say: "I won't let you hit. That hurts."
- Keep language simple and firm.

* Label the Emotion:

- Help your toddler name their feelings: "You're angry because you didn't get your toy."

* Redirect the Behavior:

- Offer choices: "You can squeeze this ball or stomp your feet."

* Use Time-In, Not Time-Out:

- Sit with your child in a calm space and breathe together.

* Model Gentle Behavior:

- Use books, stories, and play to show gentle touch and kind words.

* Repeat Consistently:

- Toddlers learn through repetition. Reinforce daily.

* Use Support Tools:

- Calm-down kits, weighted plush, feelings flashcards.

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* Praise Positive Behavior:

- Catch your toddler being kind and name it out loud.

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