

Toddler Listening Toolbox

Calm Phrases That Actually Work

"I need your eyes." (Get eye contact)

"I'm listening. Can you tell me with calm words?"

"You can choose: this or that."

"We're a team - let's do this together."

"Let's try again with a calm voice."

Listening Games to Encourage Cooperation

- Tiptoe Ninja - Tiptoe to the next room like a sneaky ninja.
- Red Light, Green Light - Use for getting dressed or cleanup.
- Simon Says - Add listening practice with fun movements.
- Freeze Dance - Great for transitions and getting attention.

Visual Cues for Toddlers

Broom = Time to clean up

Laundry = Help with sorting clothes

Plate = Mealtime

Toothbrush = Brush teeth

Shoes = Time to leave the house

(Laminate and cut out to create a daily routine board!)

Calm-Down Options to Avoid Yelling

- Take 3 big breaths together
- Offer a favorite stuffed animal
- Create a calm-down corner with pillows or books
- Use a visual timer for transitions

Parent Reminders

- Toddlers aren't trying to give you a hard time. They're having a hard time.

Toddler Listening Toolbox

- Your calm response is more powerful than a loud voice.
- Praise the behavior you want to see more of.

You've got this! Use these tools consistently and patiently. Small steps every day make big changes over time.