



September 2021 Newsletter



[How to build a strong relationship with your little one.](#)

The main thing is that we need to focus on being positive. Toddler's are learning their place in the world and everything is new to them. They get frustrated and upset just like adults. Understanding emotions is a key part of self regulation, which is very important for your child's relationships throughout life.

Toddlers need plenty of positive attention as well as sharing time with you through the day, during reading, playing, meal times and other daily activities. Support their independence by letting them make decisions. Let them choose what to play with next, what to wear, or even a choice between two snack items.

Yes they will get frustrated at times. Help them by talking it through. Help him/her find the words to tell you what's wrong. Remember they are just trying to figure everything out.

[Ignoring Behaviors](#)

Ignoring is usually most effective for behaviors like whining, crying when nothing is physically wrong or hurting, and tantrums. These misbehaviors are often done for attention. Click on link above for more in depth about how to do this.

[Discipline and limit setting](#)

In order to follow rules and understand limits, children need to develop self control. Check on this video by clicking the link above.

[Sensory Bins:](#)

Sensory Bins are hands on learning for all ages. They encourage exploration while using a variety of senses such as touch, sight, sounds and even taste. This is also a great time to explore with your child in a positive learning environment.

Sensory bins can improve fine motor skills, cognitive development, language development, increase socialization with others and even for used for relaxation.



Click on pictures for videos.



In this newsletter you will find some helpful tips on focusing on how to be more positive. Look at the things that your child can do and how we can build on the things that they are doing. It's important to give your child more positive attention than negative. Your child will have a stronger sense of well being. This will also outweigh those occasional times when you feel frustrated or distracted.

For different stages please check out, [Positive Attention and your child.](#)

[Stop: Yelling at your kids](#)

I know we have all been there. You are at your wits end and if they don't stop whatever it is they are doing, you are going to explode. So we yell...but does it really work. NO! In fact did you know that yelling at kids can be just as harmful as hitting them. And a child who is yelled at is more likely to exhibit problem behaviors.

[Biting, hitting, throwing and other behaviors:](#)

Toddlers do have feelings just like you do. They get frustrated and it's really difficult if they are not able to tell you what is bothering them. Your first instinct is to yell however, this will not reduce behavior. In fact it will increase your child's worry and can actually increase the behavior. Aggressive responses do not teach your child the social skills he/she needs to cope with the situation that triggers the behavior. Here are some websites that will explain more and give you strategies to try.

[Toddlers and Biting: Finding the right response](#)

[5 Techniques to reduce biting](#)

[5 Steps to stop your toddler from hitting](#)

[Tips for addressing throwing behavior](#)

[Tips for going places with sensory-challenged kids.](#)

If possible go to places when you know it is less crowded. Or after child has had nap. If going to a restaurant let him have a small snack to munch on while food is prepared. No one wants to wait fifteen-thirty minutes to eat when they are trying so hard to sit. Take a small bag of things to play with. Also notice the environment of the place when you arrive. Think about lights, sounds, or other things that may stimulate your child. Recognize these triggers for your little one so that you can prepare him for the next outing.

[Events:](#)

Sept. 25-Oct. 31st- Pumpkin Paradise
3005 Sheegog Ln. Columbia, TN.

Resources:

<https://babynavigator.com/16-gestures-by-16-months/>

<https://teachmetotalk.com/category/podcast/>

<http://fgrbi.com/resources-for-families/>

<https://cdctn.org/early-intervention>