



Changing Children's World Foundation

Best Start: PARENT POWER TIPS

HEALTHY REMINDERS TO BE A SUPERHERO FOR YOUR TODDLER -COMPREHENSION DIALOGUE

- **Live what you want your children to learn.** Toddlers begin to notice and mimic everything they see. Be aware of that and know that your children will live what they learn from you. Our positive emotional communications with our children give them the confidence to interact with others in their lives – at school, in their communities, in relationships and beyond.
- **Help your toddler by including him in everyday routines and activities.** Example- (Children are curious and sometimes anxious about meal preparation – toddlers can begin to see and understand and begin to learn by “helping” in simple kitchen tasks.)
- **Follow your toddler's initiative** – The key to good emotional communication is a caregiver's ability and willingness to adjust to the emotional expressions and state of the child. This is also true as you begin to learn what your toddler is interested in. Follow their activities to learn their favorites and convey your interest in their self-generated activity. Read your child's emotional state and meet him where he is. Support him and make sure he always knows he is safe.
- **Describe events in your toddler's life as they are occurring** – An effective way to give meaning and help your toddler develop an understanding of their world is to describe events at the moment they are occurring. Use short phrases with descriptive words. This helps children learn a language.
- **React and converse with your toddler on a regular basis** – Toddlers continually learn about their surrounding world through caregivers' conversations and from their reactions. This positive interaction makes the child feel more secure.
- **Help toddlers to experience the world through music, stories, and play** – Helping toddlers experience the world through music can be done by singing and playing instruments around them. Stories and plays help establish the importance of using their imagination to learn. Beauty and fun can be part of early communication and early learning about their environments.
- **Breathe AND STOP....**Toddlers will begin to express themselves and will be looking for guidance and attention. Frustration may set in. Remember the following:

STEP BACK AND TAKE A DEEP BREATH

THINK BEFORE YOU SPEAK OR ACT

OBSERVE THE SITUATION AND ASK QUESTIONS TO UNDERSTAND

PUT YOURSELF IN THE CHILD'S SHOES

