

On the Path to a Positive Sense of Self



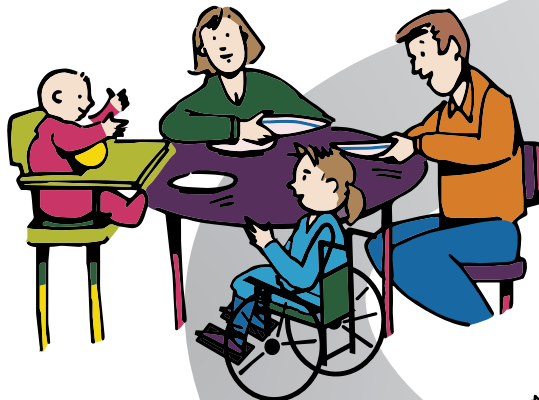
Love and Attention Every Day



Empathy and Understanding



Help Managing Upset Feelings



Predictable World



Encouraging Exploration

Providing Discipline with Choices, Limits, and Guidance



Developing a Positive Sense of Self



<i>When I Experience . . .</i>	<i>This Helps Me . . .</i>	<i>Ways to Be With Me . . .</i>
Love and Attention Every Day	<ul style="list-style-type: none"> • Feel acknowledged, accepted, and included • Feel emotionally connected to my caregiver 	<ul style="list-style-type: none"> • Touch me in loving, gentle ways when you dress and bathe me, when we play, and just because you love me • Smile at me; let me know that you enjoy being with me • Notice what I'm interested in and then do it together with me; invite me to play with you • Let me join you in your everyday tasks, like sweeping, doing laundry, and grocery shopping
Empathy and Understanding	<ul style="list-style-type: none"> • Feel cared for and understood • Understand and accept my feelings • Learn to care about others 	<ul style="list-style-type: none"> • Really try to understand what I'm saying—words are new to me. Be creative in helping me figure out how to communicate with you • Still pay attention to my unspoken cues and try to understand what I'm feeling and needing • Be patient and know that I may not have a lot of control over my intense feelings. Just knowing that you understand helps me feel better • Talk to me about my feelings and your feelings. This helps me learn to understand myself and others
Help Managing Upset Feelings	<ul style="list-style-type: none"> • Feel calm, comforted, and protected • Know that I can count on you to get through hard times • Regain control of my behavior and cope with my emotions 	<ul style="list-style-type: none"> • Understand that I may not know what to do with my upset feelings; guide me through this process by being understanding, staying near, and using words, touch, and facial expression to help me understand • Notice how I like to be soothed; I may need comforting touches, soothing words, or just your calming presence • Don't take my protests and tantrums personally; it's all about this confusing and exciting time of being a toddler; help me get through it because I don't like how a tantrum feels either • Help me find something new to do or a new way to do what I was doing before I got so overwhelmed; I need your help to continue learning and exploring
A Predictable World	<ul style="list-style-type: none"> • Feel safe • Develop patterns and boundaries for my behaviors • Anticipate actions and transitions 	<ul style="list-style-type: none"> • Structure my days so they feel familiar to me • Let me be more of a participant in our rituals and routines; for example, let me choose my bedtime story or which pajamas to wear • Give me plenty of warning before I need to transition to doing something else
Encouragement to Explore	<ul style="list-style-type: none"> • Learn about my world and stimulate my brain • Feel capable and confident 	<ul style="list-style-type: none"> • Have fun with me; get down on my level; help me explore new objects, surroundings, and people; ask me questions and describe my play • Try to give me just enough support to smooth my way to learn new things • Teach me that learning is fun by responding happily and with encouragement to all my efforts, not just when I'm successful
Discipline with Choices, Limits, and Guidance	<ul style="list-style-type: none"> • Learn expectations and control my behavior • Feel competent • Be safe and effective 	<ul style="list-style-type: none"> • Give me a choice when you can; I like making choices about food, clothes, playing, bath time, and story time • Keep being kind and loving, especially when you are setting limits; tell me what I can do and be clear about what I can't • Gently remind me about the rules and be patient while I practice getting it right • Be consistent with limits but flexible enough to change or do away with a limit we no longer need • Give me guidance and lots of practice with cooperating and sharing