

Big Ideas and Big Emotions



Toddlers have BIG ideas and even BIGGER emotions about their ideas. This combination of big ideas and big emotions can lead to toddlers getting into things they shouldn't. Meltdowns and tantrums are completely normal at this age. Moment to moment, toddlers need a lot of support from their parents to keep them safe and help them with their big ideas and emotions.

Help Me with My Big Feelings

- Understand that I may not know what to do with my upset feelings
- Help me manage my upset feelings by being understanding, staying near, and using words, touch and facial expression to help me understand my feelings and calm down.
- 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; 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



Help Me with My Big Ideas

- Give me choices when you can
- Set up my days so that they feel predictable to me
- Keep being kind and loving, especially when you are setting limits; tell me what I can do and what I can't.
- Gently remind me about the rules and be patient while I get 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.

