








10 Tips to Prevent Unwanted Behaviors in Toddlers


- 1. Set Clear Expectations** 


Communicate simple and consistent rules to your toddler. Let them know what is expected and stick to it!
- 2. Offer Choices** 


Give toddlers small, controlled choices to help them feel capable. For example, "Do you want the blue cup or the red cup?"
- 3. Keep a Routine** 


Toddlers thrive on predictability. Establish a daily routine to reduce uncertainty and prevent frustration.
- 4. Use Positive Reinforcement** 


Praise and reward good behavior. Highlight what they're doing right, rather than focusing on misbehavior.
- 5. Redirect and Distract** 

When you notice a behavior escalating, redirect your toddler's attention to a new activity or toy to shift focus.
- 6. Be a Role Model** 

Show the behavior you want your toddler to emulate. They learn by observing your actions and reactions.
- 7. Stay Calm and Patient** 

Your tone and body language can influence your toddler. Stay calm to diffuse tense situations effectively.
- 8. Provide Plenty of Physical Activity** 

Toddlers have lots of energy! Make sure they have time for movement and play to burn off excess energy.
- 9. Set the Environment for Success** 

Child-proof your home and offer safe spaces where your toddler can explore freely without constant "no" responses.
- 10. Anticipate Triggers** 

Watch for signs of hunger, fatigue, or overstimulation and address them early to prevent meltdowns.