



BETTER
KID CARE
PROGRAM



Family Time Work Time

A B A L A N C I N G A C T

BUILDING STRONG FAMILIES

Don't Expect too Much from Your Toddler

If your toddler is learning to talk, you may be expecting her to understand more than she really does. It's good to remember that toddlers learn language skills faster than their emotions and thinking skills develop. You may explain a rule to your toddler one day and think she understands it. The next day you find yourself teaching that rule all over again. Although this can be frustrating, it is normal. Your toddler is not deliberately doing this to drive you crazy. It is easy to expect too much when you think your child understood what you talked about before.

It takes time and repetition to teach your toddler something new. You may feel like a broken record, repeating yourself over and over, but that's what it takes when teaching a toddler. Be alert and continue to supervise your toddler carefully. Take pride in her learning the rules, but don't be disappointed when she forgets. It's all part of learning.

Keeping Toddlers Safe

Here are a few pointers on ways to keep young children safe:

- Have your child's picture taken yearly.
- Take advantage of times when law enforcement personnel are offering fingerprinting of children for identification purposes and keep these in a safe place.
- Make sure your child knows his full name, first and last, and also where you live.

- Never leave your child alone, even for a few minutes, in the house, yard, or vehicle. Accidents can happen quickly, so keep alert.
- Check your house and yard from your child's level by stooping down or crawling on the floor to see what your child sees. Do you see hidden dangers such as sharp table edges, breakable objects on low shelves, or other dangerous things?
- Supervise your young child closely around water. This includes pails for household cleaning projects, toilets, and bathtubs, as well as swimming pools, decorative pools, ponds, and streams outdoors. An adult needs to be within an arm's length of a young child near any source of water.



De-Stress Your Life!!!



Are there times when you find trying to balance family and work schedules almost impossible? Do you find yourself ready to yell at your kids for the least little thing?

If this happens, it means you are probably stressed and need to take time to refocus and take a break. Here are some suggestions to help:

- Make sure your child is safe and busy doing something, then take a “time-out” for yourself by imagining that you are at a favorite spot relaxing. Picture yourself doing something fun.
- Tell your child why you are angry or upset.
- Count to twenty and breathe in and out slowly.

- If your child’s behavior is what is causing your stress, teach and model for your child what should be happening. Deal with it in a positive rather than a negative way. You will both feel better.

- Be sure to plan some time for yourself after your child goes to bed. Try to relax by reading a book, listening to music, taking a bubble bath, or calling a friend.
- Lie down for a few minutes and relax. Put a cool washcloth on your face.
- A hobby can be a good outlet. Choose something you enjoy, such as gardening, sewing, doing puzzles, carpentry, or playing a sport. Schedule time for your hobby regularly, even if only for a short time.
- Have a special toy or activity ready for your child to be used only at times when you feel stressed. This will be special for your child while giving you a break.

Toddlers and Sharing

We all want our children to learn how to share. Toddlers think everything is “mine!” They are not yet ready developmentally to learn to share. Teach your toddler to take turns instead.

Allow your child to use a toy until she is finished with it. If another child wants that toy, teach her to ask for a turn when the first child is done. Teach the child who has the toy to say, “I’m not done.” When asked, most children will say that another child can play with a toy when they are done. This creates good feelings between the children and leads to being able to share eventually.

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