



Strategies to help Toddler  
Behavior

# 1. Distraction

---

- Introduce a new game or give your toddler a different toy
- Suggest a puzzle or drawing
- Change the scene, inside to outside
- Sing a song
- Think ahead for other activities to do
- If you are out, take some toys or food to occupy your toddler
- Change the topic of conversation

## 2. Ignoring

---

- Ignore negative behaviour, (not ignore your toddler)
- Do not look at or talk to your toddler when they are displaying negative behaviour
- When the negative behaviour stops, look, and talk to your toddler and praise them for what they are doing well
- The reward is the parent's attention

# 3. Encouraging Empathy

- Tell your toddler how their hitting for example is making the other person feel (Sad, hurt)
- Ask your toddler how they would be feeling if another person was hitting them

## 4. Praising/ Positive reinforcement

- Praise the good behaviours your toddler is displaying
- Focus on the good behaviour rather than giving attention to negative behaviours
- Be a role model for your toddler, they are learning by watching you

## 6. Reward Chart

---

- Use a reward chart to help change your toddler's behaviour
- Use a poster or A4 paper, your toddler gets to put stickers or ticks on it when they have displayed positive behaviour
- Use an App which could have stars appear when there has been positive behaviour
- Reward charts work well for 3-5 years old

## 7. Consequences for negative Behaviour

---

- If your toddler is displaying negative behaviour, give them a warning to stop that behaviour
- If the negative behaviour continues, you need to have an age appropriate consequence
- You can say “stop throwing your car or it will need to be packed up”
- Follow through with the consequence

A pink graphic consisting of two overlapping rounded rectangular shapes. The top shape is a lighter shade of pink and has a circular hole on its left side. The bottom shape is a darker shade of pink and has a circular hole on its right side. The text is centered within the top shape.

## When to see your Doctor

If your child's behaviour is extreme, ongoing, affecting your family or if you feel like it is hard to cope, see your **Doctor** for support and discuss whether a referral to a **Paediatrician** is required.