

Developing Self-Control for Toddlers

Toddlers have minds of their own and strong feelings that they express with gusto. “No!” becomes a favorite word and a powerful way to assert their independence. At the same time, toddlers can become easily frustrated because there are still many things that they want to do but cannot. Think about the following areas when helping that toddler deal with those feelings:

- Tune in to your child’s temperament
- Think about your temperament
- Have appropriate expectations.
- See misbehavior as opportunities to teach self-control
- Help your child learn to soothe himself.
- Turn tantrums into teachable moments

For more detailed information visit

<https://www.zerotothree.org/resources/1287-developing-self-control-from-12-24-months>