CALMING TODDLER RESET CHEAT SHEET

@TheStandPointView

Limit Choices (Not Remove Them)

Too many options can overwhelm toddlers

Ask This--> Do you want the red cup or the blue cup?
Instead of This--> What do you want to drink?

Keep Meals Simple & Predictable

Hunger often shows as irritability

*Offer 2-3 familiar foods
*Don't turn meals into negotiations
*Re-Offer food every 2-3 hours if needed

Use First/Then Statements

Help toddlers feel secure in transitions

"First shoes, then outside"
"First potty, then play"

Watch for Over-Tired Signs Early

Meltdowns=exhaustion, not defiance

Look for:
*Rubbing eyes
*Sudden irritability
*Refusing simple tasks

Take the Lead with Calm Authority

Toddlers feel safer when you decide the structure.

*You decide what's happening
*They choose between small options
*Keep tone calm, simple and steady

Reset the Environment

Sometimes the day just needs a reset.

*Go outside for fresh air
*Offer water and snack
*Quiet time instead of pressure

Reminder for Moms:

Not every meltdown needs fixing. Toddlers have lots of big emotions and just need connection, patience & time.

You're not doing anything wrong-toddlers are learning how to handle big feelings in small bodies.