

# BEING WARM AND GENTLE TOWARD YOUR TODDLER

Show your toddler love and understanding through:

- Maintaining a calm presence during tantrums
- Using a warm, encouraging tone even during challenging moments
- Offering physical comfort when they're upset
- Showing patience during their attempts at independence



## Why Is Being Warm and Gentle Important for Toddlers?

A warm and gentle approach helps your toddler:

- Feel secure during their growing independence
- Learn to manage their strong emotions
- Build confidence to explore and try new things
- Develop trust in you as their safe base
- Learn positive ways to interact with others



## Practical Tips

### During Calm Times

- Get down to their eye level when talking
- Share plenty of hugs, cuddles, and gentle touches
- Play together and follow their lead sometimes
- Smile and show enthusiasm for their discoveries
- Use simple, positive words to praise efforts - "You tried so hard to put on your shoes!", "Thank you for helping to clean up!"



### During Challenges

- Stay calm during tantrums - remember they're normal
- Offer comfort while setting clear boundaries - "I know you're angry. I'll stay here with you until you feel better.", "I can't let you hit, but I can help you feel better."
- Use simple words to name emotions - "You seem frustrated. Would you like help?"
- Redirect gently to appropriate activities - "We can't throw blocks, but we can throw these soft balls."



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## Supporting Independence

- Show patience during their "I'll do it myself." moments
- Offer gentle encouragement when they struggle
- Celebrate their efforts, not just successes
- Stay nearby as they explore, offering a secure base



## Model Emotional Regulation

- Show how to handle frustration calmly - "I'm feeling frustrated because I spilled the water. I'll take a deep breath and clean it up."
- Express your own feelings appropriately
- Demonstrate gentle ways to solve problems



## Remember

- Toddlers need extra patience and understanding
- Being warm and gentle doesn't mean no boundaries
- Consistency helps toddlers feel secure
- Every child develops at their own pace
- Your calm presence helps them learn emotional regulation



## Quick Tips for Toddler Moments

- Use distraction for potential meltdowns
- Keep routines predictable
- Offer limited, simple choices
- Praise specific behaviours you want to see
- Remember that learning takes time and repetition

Being warm and gentle with your toddler builds a strong foundation for their emotional development and your relationship with them. Even during challenging moments, your consistent, calm response helps them learn and grow.