

BUILDING STRONG BONDS WITH YOUR TODDLER

Why Your Relationship with Your Toddler Matters

- Shapes how your toddler learns about trust and love
- Influences their emotional and social development
- Builds their confidence to explore and learn
- Creates lasting memories and security



3 Key Ways to Connect with Your Toddler

1. Being Present in Toddler Moments

During Play

- Get down to their eye level during playtime
- Let them lead - if they want blocks to be cars, join their imagination
- Watch their face light up when you copy their actions
- Comment on what they're doing: "Oh, is teddy having breakfast too?"



During Challenges

- Stay calm during tantrums
- Acknowledge their feelings: "I see you're feeling angry."
- Offer comfort through hugs and gentle words
- Be patient as they learn new skills



2. Making Quality Time Count with Toddlers

Daily Moments

- Turn nappy changes into playful interactions
- Sing songs during bath time
- Make meal times fun with simple games
- Read stories with different voices



Special Time

- Set aside 10-15 minutes of uninterrupted play
- Create simple routines like morning cuddles
- Dance together to favourite songs
- Go on toddler-paced walks where they can explore

3. Building Trust and Understanding

Be Their Safe Space

- Respond consistently to their needs
- Comfort them when they're upset
- Stay close as they explore new situations
- Celebrate their small achievements



Show Respect

- Give simple choices: "Red cup or blue cup?"
- Wait for their response in conversations
- Accept their growing independence
- Set gentle but clear boundaries

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Quick Tips for Busy Parents of Toddlers

- Use everyday routines like dressing for connection
- Turn waiting times into playful moments
- Keep activities short - toddlers have brief attention spans
- Join their world at their level
- Use simple words and lots of encouragement
- Make mundane tasks fun with songs and games



Remember

- Toddlers are learning and growing rapidly
- Their behaviour is communication
- Your presence matters more than perfection
- Small moments of connection add up
- Every toddler develops at their own pace



Practical Example

During breakfast, instead of rushing:

- Let them help stir their cereal
- Count pieces of fruit together
- Talk about the colours on their plate
- Share smiles and gentle touches
- Allow them to try feeding themselves



*Note: Toddlers can be unpredictable and challenging. What works today might not work tomorrow. Stay flexible and keep your sense of humour!

For more information, refer to go.gov.sg/fliparenting