



## Points to Remember about Promoting Your Toddler's Emotion Self-regulation Skills

- Try to understand what your toddler is feeling and wanting.
- Describe your toddler's feelings (don't ask him what he is feeling because he is unlikely to have the words to tell you).
- Label your toddler's positive feelings more often than his negative feelings.
- When naming negative feelings such as frustration or anger, point out the coping strategy your child is using: *"You look frustrated, but you are staying calm and trying again."*
- Praise your child's self-regulation skills such as staying calm, being patient, trying again when frustrated, waiting a turn, and using words.
- Support your toddler when he is frustrated, but recognize when he is too upset to listen and just needs space to calm down.
- Model and give your toddler the words to use to express his needs (e.g., You can say, "can I have the truck").
- Help your toddler learn ways to self-soothe such as using a pacifier or blanket or special stuffed animal.
- Praise and encourage your toddler when he stays calm in a frustrating situation.
- Cuddle and soothe your toddler when he is hurt or frightened. Stay calm yourself to provide extra reassurance.

I label  
positive  
feelings

