



TYPICAL FOR THIS AGE

CHILD'S PERSPECTIVE

PARENT'S PERSPECTIVE

LEARNING & GROWING STRATEGIES

Strong Bodies - Climbing and Throwing too

Look at me standing on my own two feet!
I know how to push a chair to get to the kitchen counter.
I am strong and powerful - watch me throw!

I'm exhausted!
We are always moving!
I see danger everywhere!
Look out for flying objects!

Baby proofing becomes child proofing.
Exploration builds deep learning.
Give lots of reminders.

Language and Listening

"What's sat?"
I have "ideas" that fit into words.
Give me directions and watch me "perform" (well...usually!).

My child "knows" so much!
I wish I knew what my child is thinking...or, what he wants.
Oooops, did I say that?

Language accompanies actions.
Be aware of daily role models.
Become great at charades.
Discuss today and tomorrow at the end of the day.

Tantrums and Meltdowns

I'm exploding with new emotions - anger, frustration, confusion, and impatience.
I have my own opinions (I'm not "rational").
I can't "let go" of my "idea" of what I want.
I'm strong but still needy (clingy too).

Sometimes I feel so powerless to "fix" the problem.
Sometimes I'm angry too!
Redirecting won't work anymore.
When will this clinginess end?

Stay calm.
Stay accessible to comfort after.
Talk about the feelings and the behavior at another time.
Use "scaffolding" to encourage risks and independence.

Difficult Transitions

I just want to feel safe in a predictable world.

I can't always be on "kid time".
I can't always anticipate what will set off a tantrum.

Anticipate transitions verbally.
Use predictable routines often.
Remember, it's the age!

Tools for Exploring (silverware, hairbrushes, hammers, paint brushes, crayons, markers, plastic bats and golf clubs)

Gimme those cool tools to use! I can do it!
I'm learning about cause and effect - I can make a "mark", I can change a piece of the world by swinging a bat or rolling a ball.
I can learn not to "eat" the art supplies!"

Is it worth all the extra time?
I hate the mess.
Mess is more work for me!
How do I keep my child safe with all these "weapons"?

Supervision required.
Set up environment for success.
Clarify rules and repeat consistent positive limits - markers on the paper, food at the table...