

10 Tips for Parenting Toddlers

Pat & Kenna Millea, *This Whole Life* podcast
thiswholelifepodcast.com

#1: Connection before correction

- There may be a need for correction, but be sure the relationship is on stable footing first

#2: Empathy, empathy, empathy

- Empathy is the superpower of a toddler's parent

#3: Physically get down to their level, emotionally don't get down on their level

- Meet them eye to eye and model emotional regulation

#4: Prioritizing things with your toddler that bring you joy

- Parenting toddlers can be really hard. What can you do to restore joy to the time you spend with them?

#5: Ask questions instead of making assumptions

- Even if you've been disappointed in the past, give your toddler permission & space to be different

#6: Take a breath & take a break

- Take the time to regulate before responding

#7: Behavior demonstrates a need

- Look beyond the behavior to what your toddler needs

#8: Start with ONE thing

- Every great journey begins with one small step

#9: How can I say "yes"?

- Even if I can't say "yes" to this specific request, how can I creatively say "yes" in a way that works for everyone?

#10: Ask for help!

- There is no shame in acknowledging that you can't do it all by yourself. Who can you ask to join your village?