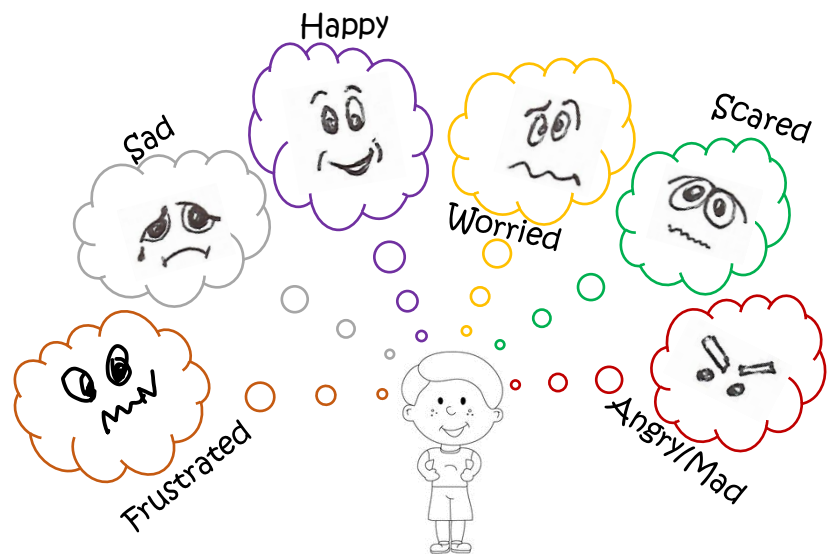


Toddlers need the help of sensitive and caring adults to help them learn about feelings and how to manage them.



Toddlers are wonderfully curious and enthusiastic about learning how to master new skills. Often with great determination they will try to dress or feed themselves, stack blocks, climb onto a chair without help, use a remote control. They love to explore and discover how things work. They have a natural desire to want to have some control over their world.

As your toddler is experimenting with the word 'No' or how to gain new skills, they are learning how to manage their emotions. They learn to do this through their experiences with sensitive and caring adults.

Helping your toddler recognise and manage their emotions is important as it will help your toddler with making friends, schooling and developing of a positive self-esteem.

## CARES

- C** Come in calmly and get close to your child.
- A** Assist your child when they have a problem.
- R** Reassure using statements that let your toddler know that you are there for them.
- E** Emotional validation to support your toddler by stating what emotion your toddler is experiencing.
- S** Soothe with your voice and touch.

As a parent you may, at times, feel unsure about how best to help your toddler with their emotions. CARES is a simple set of tips which have been found to be very useful in helping young children develop self-regulation. Young children learn the quickest and the strongest from the examples they are shown by the people that care for them. When strong emotions are on display, by your toddler, it may feel really hard to do any of the tips. However, the more you are aware of your own feelings and stop and manage your own strong feelings the better you become at putting the tips into action. The more you try the different tips with your toddler, the more confident you will become in recognising the best approach for all the different emotions your toddler is experiencing. For example; your toddler might be trying to put on a sock and they are getting frustrated. You might move in closer and say "it can be frustrating putting on socks". Stay close and give them some space to keep trying. Notice if they might need some extra help, say "mummy can help if you like".