



# 5 Ways to Give Your Toddler POSITIVE POWER



## Give POWER Moments

- Let them make a mistake and find a way to fix it.
- Let them be "HELPFUL".
- Create a checklist and let them check it off
- Let them play...their way!



NOTE: If health, safety, or character becomes a concern, gently redirect.

## Ask POWER Questions



- "Do you want carrots, peas, or both?"
- "How can we solve this problem?"
- "It's time for bed. Do you want me to race you or chase you?"
- "Do you want to do it all by yourself or do you need my help?"
- "What's your idea?"

## Use POWER Phrases

- "You can do it."
- "I believe in you!"
- "You're a big kid now."
- "You are a insert Team Name. You can do hard things!"
- "You've got this! I'm here to help if you need me."



## Play POWER Games



- Role Play
- Role-Reversal let them be a teacher, doctor, chef, parent, etc.
- Tickle Out Your Grumpies Have them show you their "Grumpy Zones" and you tickle them out
- Beat the Clock
- Hide & Seek
- Don't Laugh Tickle them and say: "Don't laugh...don't laugh."

## Notice POWER Choices

- "Thank you for calming down/not throwing a fit."
- "Thank you for CHOOSING to (share, apologize) or be (flexible, helpful, kind, respectful).
- "Thank you for respecting my "No" and finding something else to do."

