Toddler Parents,

Here are a few items for you to read over concerning how these challenging times might affect your toddler while staying safe at home and how to help them continue to grow

* Expect a toddler’s growth rate to slow down; toddler’s appetite will vary from light to extremely heavy
* Involve your toddler as much as possible throughout the day
* Expect toddlers to be both fearless and fearful
	+ Ie. Older toddlers can be unaware of real danger, such as cars or drowning, whereas younger toddlers are sensitive to loud noises (vacuum or other loud machines)
* Help your toddler with their self-help skills
	+ Some examples of this are…
		- Washing hands
		- Brushing hair/teeth
		- Help them with getting ready to eat and cleaning up when they are finished
			* This can include setting up the table with napkins before eating, and putting their cup and plate/bowl away in the sink
* Other ways to give your toddler independence can include moving some toys and books down to lower shelves so that they can choose what they want themselves

Giving your toddler small tasks takes longer than if you were to do them yourself—it can get messy, but the rewards are greater because your toddler will gain important life skills and self confidence

Remember to have fun!

Best,

Monica Lopez