

# SO YOUR CHILD IS A **TODDLER NOW!**

Your child is full of wonder and opinions! You're entering a season where you will run late often, find messes everywhere, and have a kiddo, who in the midst of the chaos, will literally grow before your eyes! In this season, you will need to give yourself grace and accept that just as you "figure it out," the next challenge will pop up, and that's ok! The beauty of this phase comes in the time spent nurturing your child's developing skills and enjoying the squeal of excitement when they accomplish "it."

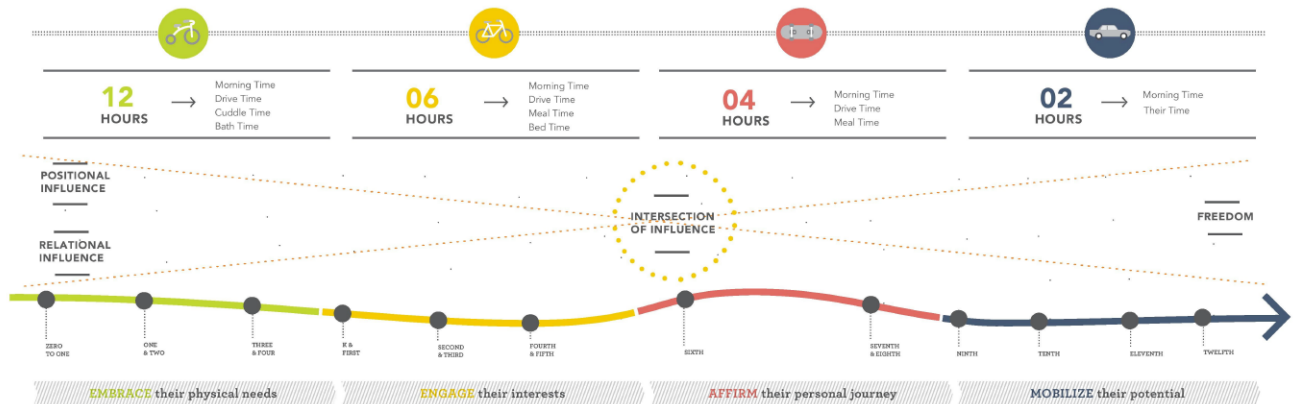


One question we believe almost every toddler is asking is...

**“AM I ABLE?”**

Seeing your kiddo learn so many new skills is exciting, but it is surely a practice of patience on your part. Everything will take extra time while they attempt new tasks: slipping on shoes, brushing hair, or suddenly deciding to tackle putting on their coat as you're walking out the door! They will want to pick their outfits, so expect rain boots with tutus or a cape and pajamas for a day of errands! This is the stage where you will find doodles, inventively in permanent marker, on your walls and meal time can take f.o.r.e.v.e.r as they eat each individual pea...because they can!

## PARENTAL INFLUENCE



## THE START OF THIS INDEPENDENT STAGE WILL BECOME APPARENT AS YOU NOTICE “ME” AND “I” SAID MORE FREQUENTLY.

If it feels like your toddler is determined to tackle a new task daily, you are correct.

Your baby’s brain has already doubled during year one and by the time they turn three, 80% of their brain will be developed! You can help support this growth by consistently engaging their senses, allowing opportunities to safely try new things, and by providing structure through consistent discipline.

Your toddler will learn best through play right now, specifically pretend play. It is crucial for your kiddo because it allows them to practice what they are observing around them. It encourages imagination, sets the foundation for future growth, lets them practice new skills, and helps grow confidence to continue to try new things.

Your child’s independent streak is best supported by your unconditional love. When you respond to their growing needs by encouraging when they fail and celebrating when they succeed, you are giving them space to safely attempt new tasks. Remember, you are the first example of Christ’s unconditional love for them.

## HERE ARE SOME WAYS YOUR KID IS CHANGING.

### PHYSICALLY

- Engages with the world to understand the role they have in it.
- Sensory and motor control is stronger - jumping, throwing, running, climbing stairs, kicking balls, etc.
- May develop a preference for their left or right hand now.
- Shows interest in dressing themselves.

## SOCIALLY

- Shows interest in interactions with people other than caregivers.
- Important to interact with other children and caring adults.
- Begins to explore pretend play.

## MENTALLY

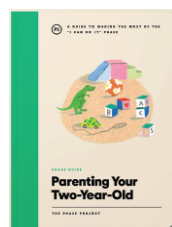
- The idea of “self” develops in their mind.
- Toddlers often begin to assert their own desires and have opinions for the first time.
- Constantly learning because toddler brains are two and a half times more active than adults.
- Time to give your toddler opportunities to make easy choices.

## EMOTIONALLY

- Learning to express their big emotions.
- Biting, hitting, and outbursts are age appropriate and consistent redirection is important.
- Becomes frustrated while trying to communicate because their vocabulary doesn't quite match the speed of their brains!

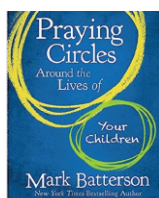
## HERE ARE SOME RESOURCES WE RECOMMEND.

### BOOKS



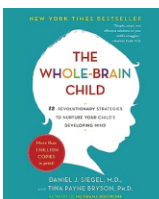
#### **Parenting Your One-Year-Old. Parenting Your Two-Year-Old.**

More than a journal, not quite a detailed manual - they're a concise resource for busy parents to help them engage in each week of their child's life.



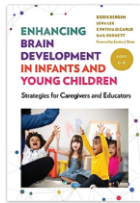
#### **Praying Circles Around the Lives of Your Children.**

Practical ways to pray the scripture over your kids.



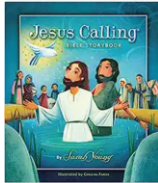
#### **The Whole-Brain Child.**

An outstanding book written by “brain scientists” who present research in a clear and relatable way. It provides judgment free strategies on how to connect with your child both emotionally and intellectually through all stages of childhood.



### **Enhancing Brain Development in Infants and Young Children.**

An overview of brain development from prenatal through third grade that guides readers on how to create environments for young children to continuously enhance their developing brain.



### **Jesus Calling Bible Storybook.**

Perfect for little ones able to listen to Bible stories that are a few minutes long. Both Old and New Testament stories.

## **PODCASTS/WEBSITES**



### **The PedsDocTalk Podcast.**

Podcast run by a Pediatric Doctor, the podcast gives direct access to leading experts who cover the most common questions/struggles new parents have. The website has a ton of useful free resources as well.



### **Pardon the Mess Podcast.**

Podcast that looks at parenting, marriage, and personal struggles with both humor and biblical connections.



### **Parent Cue Blog.**

This website is crammed with tons of articles on many subjects with practical helpful advice.

If you're not able to afford one of the above resources, please reach out to us - we'd love to help!

## **HI, I'M JB WALKER!**



I'm the Director of Early Childhood Ministries where I lead the ministry for the littlest members at Christ Community. I went to college to be a high school teacher, but once I became involved with Tiny Tots, it was clear this was the path God had me on. Connecting weekly with families and seeing the joy on our kids' faces as they enter "their" church fills my heart. If you have any questions or needs, I would love to connect! JB@cccgreeley.org

## **TINY TOTS IS FOR CHILDREN AGES BIRTH-PRESCHOOL AND MEETS DURING EVERY WEEKEND ADULT SERVICE TIME.**

In addition, Tots Club meets most Wednesday mornings during the school year from 9-11 am. Please check the church app or reach out during business hours for details on the Wednesday morning "Tots Club" schedule.