

## **Nutrition** *Toddlers (2-4)*

Toddlers love to explore, so build in some time during meals to talk about the color, number, squishiness, roundness or anything else you can think of about what they're eating. Offer foods they've refused in the past, too. Sometimes they just need a little time to get used to them.

### **There's more where this came from.**

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## **Behavior** *Toddlers (2-4)*

When your child is having a tantrum, they have a need they don't feel is being fulfilled. Try to respond to that need and the emotion, rather than the behavior. Let them know you understand, and redirect their attention to something else.

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## **Sleep** *Toddlers (2-4)*

Toddlers love to explore, so it's natural for them to get out of bed at night. When it happens, simply walk them back to their bed and try not to pay them too much attention.

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## **Sports & Play** *Toddlers (2-4)*

Toddlers are developing motor skills, and they learn through play. Puzzles, Simon says, hokey pokey, scavenger hunts and just running around outside are all great games for toddlers.

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## **Technology** *Toddlers (2-4)*

Toddlers are explorers. Take them outside and just let them interact with the world — and keep screen time to a minimum.

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## **Health & Safety** *Toddlers (2-4)*

Button batteries are dangerous if swallowed — even fatal — and toddlers find them in unlikely places. Check devices like remotes, light-up toys and even greeting cards that play music, and keep them safely out of reach.

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