



HOW ADULT PATIENTS CAN SUPPORT THEIR TODDLERS AT HOME

AGES 18 MONTHS - 3 YEARS

CHILD LIFE AT CITY OF HOPE

For Child Life support and education, please email your Child Life specialist:



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Toddler Development

- Toddlers like to move around and explore. They are more aware of their surroundings.
- They can recognize themselves in pictures and mirrors, and can copy the behaviors of others.
- Toddlers can recognize names of familiar people and objects, simple phrases and sentences, and follow simple directions.
- They can sort objects by shapes and colors.
- Toddlers can express a variety of emotions.
- Toddlers can become easily frustrated and resist changes in daily routines.

Positive Parenting: Interventions to do with your toddler from afar

- Video/FaceTime and encourage them to play with familiar items while you are talking with them (e.g., blanket, toy, or other item of comfort).
- Schedule time to FaceTime during a meal, to read a bedtime story or sing a wake-up song as part of daily routines.
- Create voice recordings or videos of yourself talking or singing to your toddler.
- Record yourself reading their favorite storybooks.
- Encourage your toddler to cuddle with a clothing item that has your scent on it (e.g., pajama top).



- Give a stuffed animal to your toddler and keep a similar one for yourself. Tell your toddler that when he or she is missing you to hug that teddy bear and you will receive that hug.
- Be consistent and try to keep up a routine. Structure helps your child predict what will happen next.
- Praise your toddler when he or she shows positive behaviors.
- Take care of yourself physically, mentally and emotionally. Try to stay calm and relaxed by listening to music, watching TV, reading a book, using a mindfulness app, playing games or doing puzzles.