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PARENTGUIDE NEWS

FROM TODDLER TO PRESCHOOL

What you need to know during this important transition.

by BRIAN G. ORR, M.D. AND DONNA RASKIN *posted in* PRESCHOOL, TODDLER

"…There are many issues to face with children 18 months to 3 years of age. By viewing our challenges while interacting with our children, we more easily understand how to deal with children's development at this stage. There are also many things we need to be in charge of, and there are some things over which children have ultimate control. As parents, we need to step back on occasion and think about where we draw the line, where we take control and when we concede control to them.

I have developed a list of 12 guidelines for dealing with the toddler-to-preschooler transition to help parents realize that the horrible 3s are really an honorable time.

1. Recognize that this is an age of wonder, exploration, determination and skill attainment.
2. Praise the positive. Marvel in it. Through our praise, little ones appreciate their skills.
3. Don't dwell on the negative.
4. Don't sweat how much little ones eat. Instead, focus on maintaining their balanced diet.
5. Ignore their fits. If tantrums don't work, young children stop using them.
6. Remember, all children eventually toilet train.
7. Read, read, read. Young children love words and love to build their vocabulary.
8. Enjoy your children's interests.
9. Say "no" for your child's safety.
10. When you do, expect children to behave.
11. Help little ones through transitions.
12. Appreciate young children's stories— they love telling them and using creativity."