

Alex's Top Tip!



Choosing!

Two year olds can become frustrated, and tantrums may happen. This behaviour is typical, and usually occurs when the child is developing their independence. This can be tricky! However, by offering your child a choice, will mean you are still in control!

Try allowing your child a choice of **two** things-

E.g.

When getting dressed-Allow a choice of two items.

Snack time- Allow your child to choose between an apple or a banana.

Bedtime- Allow your child to choose between two story books.

When your child makes their choice, by pointing or naming the item, praise them by saying, "great choice, well done".

Remember- you are choosing the items!

By offering your child two items regularly throughout the day, they are increasing their independence skills, but you remain in control.

Choosing, is also a fantastic communication skill, which encourages thinking skills too!