

Teaching Toddlers Social Skills with Conscious Discipline®

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Acknowledge intent.

“You wanted ___.” OR
“You were hoping ___.”



Clarify what skill.

“When you want ___ then say
(or do) ___.”



Take time to practice.

“Say (or do) it now for practice.”



POWER OF LOVE: see the best in others

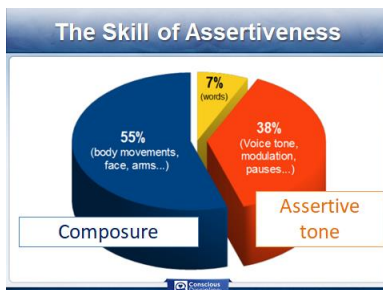
Children **MUST** be seen differently to behave differently.

“I don’t know what they want!”

Time
Space
Materials
Connection



POWER OF ATTENTION: what you focus on, you get more of






Passive
Please?





Assertive
Just do it.



Aggressive
Or else!

NAME: make eye contact 

VERB: start with an action word 

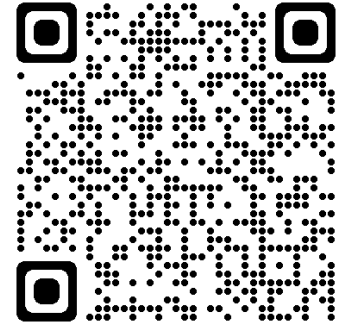
PAINT: create an image using gestures and visual cues 

What to Do



Biting Program:

Reduce Stress, Teach a New Skill Before the Bite



1. Try to locate stressors in the toddler's life: not enough structure, too much structure, not enough rest, eating, bowel habits, connection, attunement, etc.

2. Start a **stress reduction program** at home and school.

- More touching (skin to skin), body massage games ("Goodnight Elbow" "Bye Bye Ouchies")
- I Love You Rituals with attuned interactions (face-to-face)
- Chest and lap time while downloading calm
- More visual schedules and routines

3. Shadowing and teething necklace/cloth

There is nothing you can do to help a child learn other ways of getting his or her needs met after the bite has occurred. You must catch the child before the bite. Most bites occur during transitions and non-structured time. Have a person shadow the child who is biting.

When the child begins to bite do the following:

- Toss the teething necklace/cloth into the child's open mouth. The mouth will close.
- Say, "You wanted _____. (take an educated guess as to what the child wanted)
Say _____ (acceptable words) or do _____ (acceptable action)!"
- Child who uses acceptable gesture or word gets the item immediately.
RATIONALE: This communication/gesture has to be as powerful as biting.
- Help child who lost the item.

After age three, children usually bite when they feel powerless or scared, such as when they are losing a fight or think that they are going to be hurt by another person. Children older than three who frequently bite other people may need to be seen by a doctor. This type of biting may be a sign that a child has problems with expressing feelings or self-control.

