



## Aggression



### What should you do when children hit?

It's normal for young children to hit and bite. As their brain develops and their motor ability increases, children will naturally express anger and aggression through such behaviors.

When children start hitting, biting, pushing or slapping, adults should:

- ◆ React calmly but clearly show their disapproval, each time these behaviors occur
- ◆ Be warm and attentive and reinforce good behavior
- ◆ Apply age-appropriate discipline that promotes learning (e.g. saying sorry, repairing any damage done)
- ◆ Teach children how to express anger and frustration using words
- ◆ Encourage children to use peaceful behaviors (e.g. cooperate, negotiate, compromise, reconcile)

With the support and guidance of parents and caregivers and by interacting with others, children will learn NOT to use physical aggression and to use more socially-acceptable behavior instead.

Excerpts taken from: [www.child-encyclopedia.com/aggression](http://www.child-encyclopedia.com/aggression)



be  
**KIND**  
TO OTHERS.



Play  
Nice!



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# 7 Everyday Activities That Can Become Teachable Moments For Toddlers



Posted by [Lauren Hartmann](#)

## **1. Meal time**

Despite the fact that meal time can some times be a bit on the chaotic side, it can be a perfect place to begin setting the stage for social interactions. It is at the dinner table that we can model for our children what good conversation and etiquette looks like: eye contact, taking turns to speak, saying please and thank you, using utensils and napkins, etc.

## **2. Diaper time**

Diapering is the perfect time to teach little ones about their bodies. While you're changing and dressing them you can point out their various body parts and teach them the names (i.e. *"This is your elbow and these are your toes!"*). As they get a bit older you can begin to discuss potty training concepts as you start preparing them to try to use the potty.

## **3. Playtime**

Playtime is filled with endless possibilities for teachable moments. It is during playtime that we can begin to teach our little ones the foundations for math, reading and a variety of other activities. While you play with puzzles, count the pieces. Talk about the names of the letters you see in books. Name the animals in stories and talk about the sounds they make. Discuss the concepts of big and small, loud and quiet, or really anything else that seems applicable to the activity you're engaging in. It's never too young to start being your child's teacher. You don't need flash cards to teach your children – real learning happens in organic environments and they happen often if we stop to take the time to look for them!

## **4. A walk**

Talk about the things you see, hear and smell on your walk. Help your child to smell flowers, listen for birds, feel the wind on their face and give names to the things they're observing in their natural environment.

## **5. The park**

The park is a great place to teach our children about social interactions as well as physicality. Talk about taking turns and sharing. Talk about how it's nice to ask other people to play. Talk about safety and being careful with their bodies. There are a ton of great learning opportunities to be had here.

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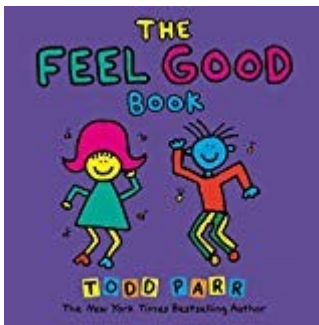
## 6. Grocery shopping

Grocery shopping is one of my least favorite household chores, but lately I've been reframing it as an excursion filled with teachable moments for my toddler and it's become so much more enjoyable for both of us. While we shop, we talk about the produce we choose and I let my daughter smell and touch the items. I often let her give her input about what type of produce she'd like to try and we talk about what we can make with it. It's been a great way to get her to try new foods as well as learning about where her food comes from.

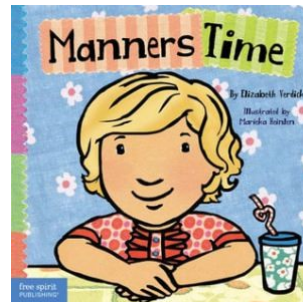
## 7. Household chores

While toddlers may still be small, there are plenty of ways to begin including them in everyday household tasks. Not only will it free you up to get things done yourself, but it will also help them begin to learn about responsibility and contributing to the family. A few chores my little one likes to help with are: unloading the dishwasher (I hand her the safe utensils and plasticware to put away in the lower drawers), wiping off surfaces (I hand her a baby wipe and let her go crazy), picking up her toys, and cleaning windows. Find out what interests your little one (as far as clean up is concerned) and then get them involved. It's never too early to start!

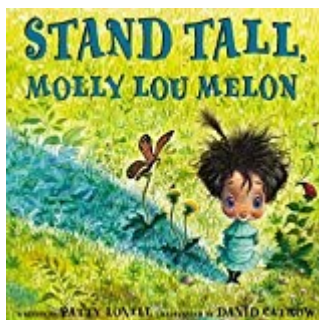
### Books About Teachable Moments



Teaches children to identify and appreciate what makes them feel good. I think this is a good introductory book to teaching a gratitude practice in its simplest form.



Manners start with a smile—then you add the words. There are polite words to use when you greet someone, ask for something, or (oops!) make a mistake. There's even a nice way to say no. This book gives toddlers a head start on manners, setting the stage for social skills that will last a lifetime. Includes tips for parents and caregivers.



Teaches a child to be true to who they are, believe in oneself, and everyone has different abilities/gifts.



It's never too soon for children to learn that violence is never okay, hands can do many good things, and everyone is capable of positive, loving actions.



## **The Importance of Play**

You may sometimes wonder “What is my child really learning? Aren’t they just playing all day?” You are right they are playing all day, but that play is the work of children learning about the world around them.

Watch your child as they play, even infants and toddlers are using math, science, language, reading and problem solving skills as they discover how their toys and objects work, as well as how to play with adults and other children.

How can you support your child’s play skills and encourage their concentration, passion, creativity and excitement? Let’s explore:

1. There are no rules for play - explore the many games that you can come up with - a simple toy or household object. Make a drum from a bowl and wooden spoon, make up dances to commercials and cartoon songs.
2. You don’t need fancy toys - you are the most important “toy” a child can ever have. Sing, laugh, talk, be silly - your child will fall more in love with you every day!
3. Use all Baby’s senses - think about how movement, communication, self-esteem, imitation, cause and effect, eye-hand coordination and exploration all go together to help make sense of the world.
4. Ask questions - expand on what your baby or toddler already knows by asking them simple questions. If they are showing you their favorite car, ask them about it - what color is it, is it big/little, does it go fast/slow - and then play together talking about your game.
5. Pretend - use your imagination to follow your child’s lead in the games they choose and help them to explore different situations and daily challenges.

For additional ideas to try, please visit:

1. Council for professional recognition (2017). Play all day: Explaining the Importance of Play to Parents. Retrieved from: [www.cdacouncil.org/media-room/councilink-newsletter/182-play-all-day-explaining-the-importance-of-play-to-parents](http://www.cdacouncil.org/media-room/councilink-newsletter/182-play-all-day-explaining-the-importance-of-play-to-parents).
2. Zero to Three (2010). The power of play. Retrieved from: [www.zerotothree.org/resources/311-the-power-of-play](http://www.zerotothree.org/resources/311-the-power-of-play).



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