

HELLO february

Toddler 2025 Newsletter Anger Management for Young Children

What is anger and why does it need to be managed?

Anger is a normal human emotion. Uncontrolled anger, however, can lead to aggression.

How to help toddlers feel less angry?

1. Keep a daily routine as much as possible
2. Anticipate and prepare for changes in your toddler's routines.
3. Help your toddler express emotions with words or with coping skills, like stomping.
4. Guide your toddler to problem solve when they meet an obstacle.
5. Provide positive reinforcement when your child exhibits positive behaviour.
6. Avoid pulling your toddler in an uncomfortable environment or giving them toys that are too complicated for their age.
7. Control your own emotions and avoid angry outbursts.

Don't expect children to be happy all the time. Like all people, toddlers have range of emotions. Talk to your child how they are feeling and help them understand their many different emotions.

<https://www.verywellfamily.com/ways-to-help-an-angry-child-1094976>



Special Dates:

- Feb. 2nd – Groundhog Day
- Feb. 14th – Valentine's Day
- Feb. 17th – Family Day (Centre Closed)

***Gentle reminder:** "No food" gift on Valentine's Day.



There are places in the heart you don't even know exist until you love a child.

-Anne Lamott

Skills We Will Be Working On

Language and Listening Skills

- Labeling 5 body parts
- Listening and following one and two steps directions
- Learning new song:

I Love You, You Love Me

I love you
You love me
We're a happy family
With a great big hug
And a kiss from me to you
Won't you say you love me too?

I love you
You love me
We're best friends
Like friends should be
With a great big hug
And a kiss from me to you
Won't you say you love me too?



Motor Skills

- Practice jumping with two feet together
- Climbing up and down the stairs with alternating feet

Social Skills

- Practice expressing feeling by using words "stop, I don't like it"
- Defend possession saying "mine"

Self-Help Skills

- Practice taking diaper off
- Undoing Velcro on shoes

