Welcome to... Toddler Talk with Megan Barella, MS
Heartfelt welcome to your positive parenting community and this movement for healthy and happy families during these pandemic times!
Goals:

#1 Grow your LOVE for this age.

#2 Sail through this age with brain science understanding and simple & effective tools.

#3 Optimize your children's brains for a foundation of security, trust, empowerment and learning.
Megan's Story

- Mom to an 11 year old son
- Certified Positive Discipline Parent Educator
- Master Trainer
- 20 years in Education
- Child Trauma Survivor
- High Stress Parenting
- Teach Online Positive Parenting Coaching Programs
Community is everthing.

- Parenting for the Next Generation Facebook Group:

  Positive Parenting Empowerment with Megan Barella

  In the chat to me only, type your email to sign up for my positive parenting sunday messages.

- {sunday message} weekly positive parenting inspiration and tips at www.meganbarella.com

  Are you a conscious parent who yells + has power struggles with your children?

  Welcome to your positive parenting community.
Toddler Talk:

Optional:
30 minute Strategy Session to learn more about positive parenting and apply Toddler Talk tools to bring positive change to your family.

Leave "yes" and your email in the chat.
You're the Experts.

Respect for unity in diversity, and empathy for all.

Share, listen. Listen, share. Use the chat.

Confidentiality.

Understand high stress parenting.

Enjoy, relax, have fun and let's get excited to learn and grow together!
Toddler Talk  Workshop Overview

- Welcome | Overview | Intro's
- Challenges + Joys in Parenting
- Old Way vs New Way
- Toddler Brain Basics: Developmentally Appropriate Challenges & Best Practices
- Temperament + Goodness of Fit
- HALTS

Tools:
- Do Statements with Modeling & Action Word
- Two Positive Choices with a "You Decide"
- Invite Cooperation
- Play
Introductions:

Please share:

- Children's Ages
- #1 Toddler Joy: What do you love most about this age?
- #1 Toddler Challenge: What is your biggest struggle with your toddler?
In Positive Discipline, we transform your greatest parenting CHALLENGES into teachable moments.
90% of children's behavior is developmentally appropriate and designed to help them master developmental milestones with parental and teacher guidance.

Developmentally appropriate challenging behavior can easily become misbehavior and a negative feedback loop based on the adult's reaction.
Child's Developmentally Appropriate Challenging Behavior

Negative Feedback Loop & Behavior Pattern

Parent's Negative Response Intensifies

Parent Responds Negatively or Enables the Behavior

Child's Negative Behavior Intensifies
### Old Way

**Punishment and Reward Model**
- Mistakes are bad.
- Bad behavior = Bad Person
- Shaming and blaming
- Pay for mistakes.
- Reform to Corporal

**Retraumitizing**
**Reinforces racism**

### New Way

**Brain Based**

- Mistakes are the way we learn and grow. Embrace them!
- Intrinsic motivation from within
- Solutions and Positive Relationship
  - Developing the next generation of world leaders.
- Stress is the #1 obstacle to positive parenting.
- Access to tools and support.

**Trauma Informed Equity Model**

**Discipline doesn't mean to punish. Discipline means "to teach."**
Toddler Behavior
Challenging, yet developmentally appropriate:

* BIG emotions, BIG learning with limited means of communication = Tantrums

* "Mine!" and "No!"

* Appear to be Bossy, Selfish, Demanding

* Unable to share/ NO concept of sharing ----> Learning how to share/ Learning what sharing means

* Highly active, always moving, SO MUCH ENERGY

* Short attention span
Brain Development in the First 3 Years of Life

- Individuation is just beginning. Your child until 2.5 years, thinks you two are the same person. Your child is simply sponging and reflecting back your thoughts, behavior and emotional states to grow their brain.

- There’s slow emotional regulation development. Your young child is prone to more temper tantrums and meltdowns.

- Your young child is right-brain dominant.

**Left Brain:**
- Linguistic
- Logical
- Linear

**Right Brain:**
- Emotional
- Relational
- Somatic
- Artistic, Musical, Playful, Oneness

https://www.dana.org/article/the-brains-emotional-development/
Brain Basics for 1 - 2.75 year olds:

Not Yet Developed:
- Negative Intent
- Understanding of Separateness
- Understanding of Sharing
- Attention span
- Verbal communication
- Self Control
- Left Brain Functions

Developing:
- Parallel Play
- Cause and Effect Scientists
- Right-brain functions:
  - Play = Work = Love
  - Live in the present moment
  - We're all One.

Hey Sigmund: "Phew! It’s Normal. An Age by Age Guide for What to Expect From Kids & Teens – And What They Need From Us"
https://www.heysigmund.com/developmental-stage/
Brain Development in the First 3 Years of Life

"A child's brain grows to 80% of its adult size by 3 years of age."

Mirror Neurons:

"A brain cell that reacts both when a particular action is performed and when it is only observed."

Sponge Brain:

Your child is growing their developing brain off of your fully developed brain.

Parenting from the Inside Out  
The Neuroscience of Human Emotions
Your toddler is in an internal tug of war between creating their own positive sense of self:

- Empowered
- Capable
- Independent
- "I can do it!/ Me can do it!"
- It's SAFE to be.
- I am LOVED for being me.

And co-regulating their brains off of your brain, being totally dependent on you and needing you to help them organize their feelings because they don't yet have the brain function to do it.

- Trust
- Security
- Safety
Three-nager
3 year old Individuation

Children are constantly experimenting with the questions (at a subconscious level):

* “Who am I separate from others in my world?”
* “What kind of power do I have, and how can I use it?”
* “What works and what doesn’t work?”

If you don’t understand individuation, you might take your children’s behavior personally and this can create power struggles. It might help if you remember that, in most cases, your children are not being “defiant” or “irresponsible.” They are testing and experimenting. Individuation is an important developmental process. If kids aren’t allowed to individuate in a kind and firm environment, they will struggle with individuation as adults.

1. Teach for the long-term, not expecting immediate cooperation.
2. Do tasks WITH children in the first 6 years of life.
3. ASK, Don’t TELL.
4. Give positive choices.
5. Create routine charts WITH your children.

https://www.positivediscipline.com/articles/teaching-responsibility-when-does-it-happen
Circle of Security

Circle of Security®
Parent Attending To The Child’s Needs

I need you to...
Support My Exploration

- Watch over me
- Delight in me
- Help me
- Enjoy with me

I need you to...
Welcome My Coming To You

- Protect me
- Comfort me
- Delight in me
- Organize my feelings

ALWAYS BE: BIGGER, STRONGER, WISER & KIND.
WHENEVER POSSIBLE: FOLLOW MY CHILD’S NEED.
WHENEVER NECESSARY: TAKE CHARGE.

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www.circleofsecurity.net
Chat:

What's more challenging for you and/or your toddler: Individuation or Security of Attachment?

Our Goal as Parents:
- Bigger: To be the leader
- Stronger in the Love
- Wiser
- Kinder
Toddler Tip:

Recognize what a challenging balancing act between togetherness and separateness this age is for you and for them!
Toddler Tip:

Your child is lacking brain function for self-regulation.

They develop self-regulatory skills through co-regulation (your modeling of self-regulation).

You are the container.
**HALTS: Basic Needs**

Children are routinely punished because they have unmet basic needs.

Meet the need. Transform the misbehavior.

If you can't meet the need, lower your expectations for yourself and your children. And do a nurturing activity.

* What HALTS are you working with in your home?

* Can you meet the need to transform the behavior?
  or
* Can you lower your expectations and nurture?
HALTS
HALT is a term coined by Alcoholics Anonymous that we use in Positive Discipline. The idea is when people experience HALTS they are more likely to behave negatively.

With HALTS:
#1 Meet the need to transform the negative behavior.
OR
#2 Lower expectations. Nurture and Connect.

Hungry
Food or Water

Angry
Positive Outlets to Express High Emotions

Lonely
Connection Needs: Quality Time with Self or Others

Tired
Sleep or Rest

Sick/Stressed
Rest, Support, Addressing Inequities in the World

* What HALTS are you working with in your home?

* Can you meet the need to transform the behavior?
or
* Can you lower your expectations and nurture?
Toddler Tip:

HALTS are the root cause of your challenging behavior - and your toddler's.

#1: Meet the need.

or

#2: Focus on positive relationship.
Brain in the Palm of Your Hand:

3. Prefrontal Cortex:
   - Logic & Problem Solving
   - Empathy & Compassion
   - Language

2. Limbic System (Mid Brain):
   - Emotions
   - Conscious & Unconscious Memories

1. Brain Stem (Reptilian Brain):
   - Heart Rate & Breathing
   - Stress Response System

Brain in the Palm of Your Hand: https://vimeo.com/145329119
Toddler Tip:

HALTS are the #1 cause for flipped lids.

When you and/or your toddler have a flipped lid, it's not the time to problem solve.

Instead, focus on nurturing activities to restore calm and circle back around to the teaching.
Temperament

Temperament quiz for you and each of your children:

https://www.ecmhc.org/temperament/IT3.php?toddler

- Every child is different.
- Temperament is inborn and shaped by a child's caregivers.
- It can be triggering if a child is just like you - or opposite from you - in a certain area.
- "Good" or "Bad" and "Easy" and "Difficult" - Child is just trying to get their needs met
- Goodness of fit
- As adult we have to do the adapting. We can't expect our children to adapt to us.
- The goal is to help child realize their highest potential.
Temperament

Temperament quiz for you and each of your children:

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- What did you learn?
- Where might toddler joys be celebrated and toddler challenges manifest?

Family Temperament Goals:

- Anticipate challenges = areas for growth & life lessons
- Strengthen connection points
- You are your child’s goodness of fit
Toddler Time

Family Temperament Goals:

- Anticipate challenges = Areas for growth, balance & life lessons
- Strengthen connection points through shared activities.
- You are your child’s goodness of fit.
Best Practices: The Toddler Years:

* Make sure your basic needs are met, as well as your children's needs.

* QTIP: Quit Taking It Personal

* Parenting is healing our own childhoods.

* Turn everything into Play: Teach through games, songs, puppet shows

* Routines

* Children think in actions and mental pictures, so explain everything with positive actions.

* Modeling is everything.
* Circle of Security vs Individuation

* "Positive Repeat" and trust in your child's learning.

* Limited screen time. No media is optimal for brain development.
Positive Discipline Tools for Toddlers
Connection = Cooperation
Communication

1.) Get on child's level and make eye contact.

2.) Include positive physical touch, like a hand on the shoulder, a hug, hold child's hand, have them sit on your lap.

3.) Be present with the child. Make sure your phone is away and you are focused on 1) what you'd like to see happen and 2) where the child is at emotionally.

4.) Include humor, play or smiles/laughter.

Conscious Discipline
Positive Discipline Tools

Round 1

• Don't sit down.
• Don't put your hands by your side.
• Don't look at me.
• Don't stand still.
• Don't stand up.

Round 2

• Stand up.
• Put your hands in the air.
• Put your hands down.
• Look up.
• Sit down.
<table>
<thead>
<tr>
<th>Don't</th>
<th>Do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children may not know what they should be doing.</td>
<td>It is clear to children what they should be doing.</td>
</tr>
<tr>
<td>Send the message that the world is closed for exploration.</td>
<td>Send the message that the world is open for exploration.</td>
</tr>
<tr>
<td>Focus on what we don't want: problems &amp; misbehavior.</td>
<td>Focus on solutions, no problems.</td>
</tr>
<tr>
<td>May cause power struggles.</td>
<td>Build collaboration and cooperation within your family.</td>
</tr>
<tr>
<td>Our own worry, fear, or anger is often the driving force.</td>
<td>Take presence, practice, &amp; patience to utilize.</td>
</tr>
</tbody>
</table>
1.) When are you most likely to say "Don't___!"

2.) Change it to a Do Statement: What can your child DO?

- Family/Class Values and Rules
- Child’s Personality and Temperament
- The Life Skill You are Teaching

Share your "Don'ts" below.

```
Don't     Do
1.         1. 
```
Two Positive Limited Choices with a "You Decide."

"Do you want to ___ or ___?"
or
"Would you like to ___ or ___?"

You decide.

- Giving choices is empowering.
- This a wonderful tool for strong-willed people.
- Adding "You decide" is like icing on the cake! Children love to feel like the decision is their’s to make.
- Develops and honors children's autonomy.
- Make sure both choices are positive AND you are ok with the choices.
Two Positive Limited Choices with a "You Decide."

Send a Kind and Firm message. Be confident and loving in your tone of voice and body language.

Start doing the behavior yourself. Modeling is everything due to mirror neurons.

Examples:

"Would you like to wear the blue shirt or the red shirt? You decide."

"Would you like to fly like a bird or jump like a frog to the car? You decide."

"Do you want to put away the blocks or the stuffies first?" You decide."
Invite Cooperation

"Could you help?"

"Where does this go?"

"I have a special job for you."

What are other ways to invite your children to cooperate?

- Some children are very motivated by helping.
- Developmentally many 2 and 3 year old children love to help.
- Develops leadership capabilities of older siblings. Can ease sibling rivalry/jealousy. Provides belonging & significance to children.
- Inviting cooperation through helping is an "easy" positive parenting tool we often forget to use, and can transform power struggles.
Play

- Make it a Song
- Use stuffies to say it or teach it
- Practice scenarios
- Make it a game
- Use a timer
- Do it like animals
Toddler Talk 101:

Tantrums "Mine!" "No!"
Learning how to share

Basic Needs are Met New Way

PLAY
Do Statements
Invite Cooperation
2 Positive Limited Choices with a "You Decide"

Your Temperament

Child's Temperament
Toddler Talk:

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  Parenting for the Next Generation

  PRIVATE GROUP · 539 MEMBERS

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  Welcome to your positive parenting community.
Reclaim your birthright to a happy home.