

# Helping your toddler grow!

- Toddlerhood is an exciting time for your little one: the world is there for exploring, and your baby will want to try everything out!
- Toddlers have lots of big feelings, like anger and frustration, that they can't always express in words. This can be overwhelming for them, and a challenge for you to manage. You can help by saying out loud what you think they might be feeling.
- During toddlerhood, you are called upon more than ever to be calm, predictable and forgiving despite sometimes feeling challenged and frustrated yourself.
- No doubt, your toddler will have lots of knocks and falls as they experiment. Try to step back and let them try things out on their own (as long as it's not too dangerous!).



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