

Why Does Your Toddler “Act Out”?

Your toddler will often do things you don't like. But there's usually a reason for why she's behaving the way she is:

- **Does she have the ability to do what you expect?** (See [Temperament](#))
- **Is the way she's acting a normal stage in her development?** It's natural for your toddler to see herself as the centre of the world. Toddlers have very big emotions, which they haven't yet figured out how to deal with or communicate. This can feel overwhelming.
- **Is she feeling okay, or does she need something?** She may be hungry, tired or over-stimulated by too many activities.
- **Has something changed in her life?** Toddlers do best with routine. Knowing what to expect gives her a feeling of control and security.
- **Is she getting the connection she needs?** You'll help her feel secure by responding to her warmly and consistently.
- **Is the setting suitable for her?** Some things – like a long sit-down meal or a crowded event – may require more control than she has.

Remember that we all – parents and children – feel all kinds of emotions, including anger, frustration, sadness and excitement. The key is to learn to handle our emotions in healthy ways.



KEY TAKEAWAY

When your toddler acts a certain way, she's trying to tell you that she needs something, like rest, food, comfort or connection with you. By watching her closely, you'll start to learn what each behaviour means, and how to respond in a way that builds your bond and helps her learn and grow.

