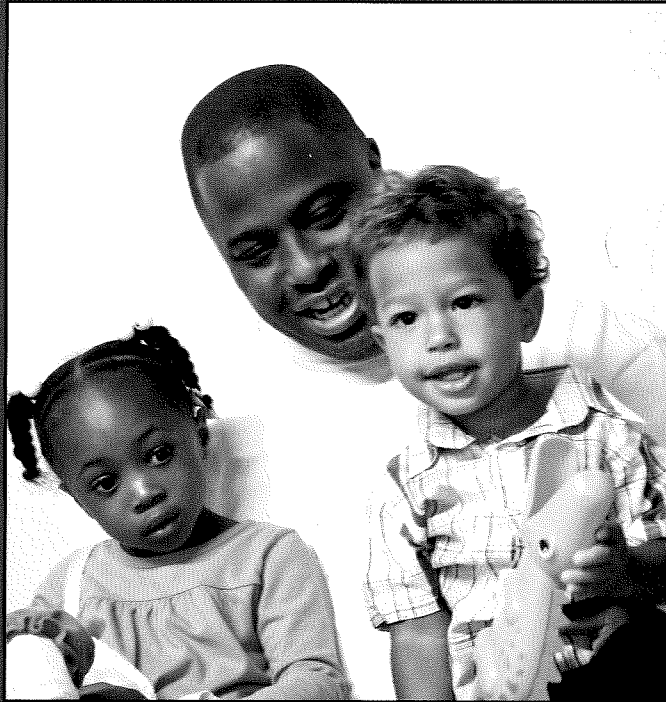




Terrific Twos — Staying a Step Ahead of Conflicts



Temperament Types

1. **Easy/flexible** — Child characteristics: Regular rhythms, positive mood, low intensity, low sensitivity, adaptable
2. **Fearful** — Child characteristics: Adapts slowly, withdraws easily
3. **Difficult/feisty** — Child characteristics: Active, intense, distracted, sensitive, irregular, moody

Keep These Ideas in Mind

- Each of us is born with a temperament that lasts throughout life.
- We need to understand our natural responses to certain temperament traits.
- It is easy to see extremes in temperament.
- Temperament can be affected by situations and day-to-day events.
- Children often have a mixture of traits.
- We can influence how children cope with their own temperament.

Staying a Step Ahead With Materials


- Allow children to bring pleasant reminders from home. Items such as a blanket, a pacifier, family photos, or a mom's scarf are comforting for young children when they are feeling upset.
- Provide a quiet area for children with soft furnishings. This is a place where children will be able to get away and be by themselves if they are overwhelmed by other children or situations.
- Provide materials that appeal to the senses. These can be materials for children to smell, hear, touch, and taste that include many textures, along with natural items as well as commercial toys, to keep children interested in play and problem solving.
- Provide duplicates of materials to eliminate some of the conflicts that arise when two children want to use the same material at the same time.
- Read books about feelings. Share pictures of children expressing feelings. This helps children recognize the wide range of human feelings and how they are expressed.

Staying a Step Ahead With Visual Cues

- Provide mirrors to help children see expressions.
- Learn some basic sign language to share a variety of directions. Teach children sign language to communicate with you.
- Go to the child and speak to him or her when you want to give a direction.
- Provide family photo albums.
- Provide pictures of acceptable choices for different activities.

Staying a Step Ahead With Scheduling


- Provide a consistent yet flexible routine.
- Provide for active and quiet activities throughout the day.
- When planning snack- and mealtimes, remember that children may not eat a lot at one sitting but may need to eat more often.
- Keep in mind that children may not sit for long periods of time.
- Give children a choice when a task must be done.
- Provide a visual daily schedule at children's eye level.



Staying a Step Ahead Using Materials, Visual Cues, and Scheduling

1. Ideas for using and adding materials:

2. Ideas for incorporating visual cues:



3. Ideas for a consistent, yet flexible daily schedule:

Staying a Step Ahead by Meeting Children's Needs

The Child's Need Is...	Adults Can...
The child is hungry.	
The child is teething.	
The child wants something that someone else is using.	
The child is tired.	
The child wants to touch other people who don't want to be touched.	
The child is upset when he has to change activities.	

Speaking With Children to Stay a Step Ahead of Conflict

While using gentle body language, try these three ways to talk with children during a conflict.

1. Acknowledge children's feelings.

You seem angry, sad, upset.

2. Offer limited choices.

You can jump on the pillows or jump outside.

3. Say what you mean.

Stay on the sidewalk.

Play dough stays on the table.

Scenarios for Speaking With Children

Choose one of the strategies for speaking with children that would help to resolve the conflict (acknowledge children's feelings; offer limited choices; say what you mean).

1. After his mom leaves for work, James grabs his provider's leg and begins to sob.
2. Lexy looks at her milk at lunch time, wrinkles her nose, and says, "Pop, please."
3. While Tiara is busy washing dishes, two children begin to tussle over a dump truck.
4. Devin puts his play dough on the floor and stamps his foot into the dough and says, "See my shoe on the play dough!"
5. Vanessa runs across the sidewalk and into the street.

Staying a Step Ahead at Home

List one idea under each heading that you already do at home. List one idea to try.

Materials

I already have this:

I want to incorporate this:

Visual cues

I use this cue:

I want to incorporate this cue:

Daily Schedules

This is a part of my daily schedule:

I want to incorporate this in my daily schedule:

Speaking With Children

I already do this:

I want to try this: