

The Happiest Toddler (8m-5y)

End 50% tantrums fast

Stop 50-90% before they happen

Raise happier...more patient toddlers!

*“A mind once stretched
to a new idea,
never returns
to its original size.”*

Oliver Wendell Holmes

New Idea: Tots (8m-5y)

- Toddlers = Cavemen
- With upset toddlers we → **zombies**
- Tantrums can be stopped fast...
or prevented!!

Toddlers are fun...

...but challenging!

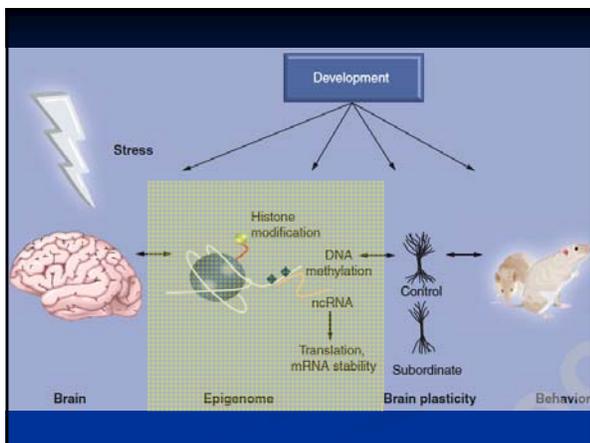
What if....

Toddler: Brain Plasticity

- Newborn: 50 trillion synapses
(+10-20 million/sec!)
- ~2 year: 1000 trillion
- Adult: 200-500 trillion (pruning)

How do we encourage the *best* circuits?

What Effect Does This Have?



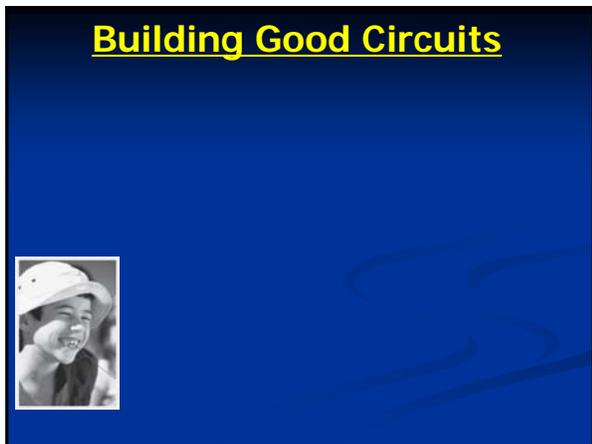
Brain Plasticity: Built to learn

McEwen Nature Neurosciences 2012

Toxic Stress → Smart (Bad) Circuits



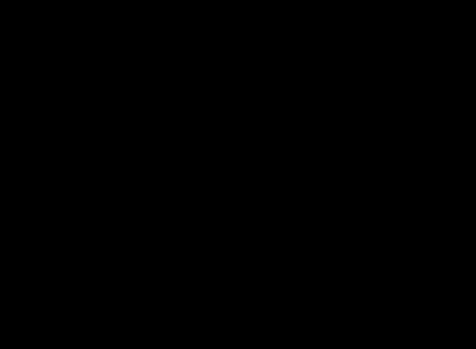
Building Good Circuits



Explicit Memory
versus
Implicit Memory



Non-Verbal...Is Key!



Respect: Non-Verbal

Is more important than...love!

*It's the glue
of
our best relationships*

100 Years of Progress

- ↓ Physical abuse
- ↓ Verbal abuse
- ↑ *Active* listening

Why Parents Struggle

- Little Support
(Where's the village?)
- Little Training

Why Toddlers Struggle

- Over and Under-stimulated
(our world is odd)
- Immature Brain (especially left)

The “Little Adult” Assumption

Logical...long sentences
...are over his head (brain)!

Tots are less little kids than little...cavemen

Four Great Advances

- 1) Walk on 2 legs
- 2) Use hands well
- 3) Use words
- 4) Manipulate ideas

This idea is not a joke...
it is the key concept

If child is a caveman...
what are you?

2 cavemen fighting ⇒ mess!

Parents Top 2 Rules

#1 - Fast Food Rule
(Show respect)

#2 - Toddler-ese
(Speak their language)

Dance of Communication

For **calm**, factual chats
the rules are simple
...we take **equal** turns

Proto-Conversation

Fast Food Rule - Part 1

Whoever is
“**hungriest for attention**”
goes first
...and gets an **extra long** turn

Fast Food Rule - Part 2

Nonverbal **trumps** Verbal.....**Sweet Spot**

Toddler-ese:

A Cavekid's Right Brain Lingo

- 1) Short phrases
- 2) Repetition
- 3) Mirror 1/3 emotion
(Sweet Spot)

Short Phrases

- Primitive folk=Primitive talk

Repetition

- We go blind with anger
...toddlers go deaf!
- 5-10 repetitions

A series of video demos

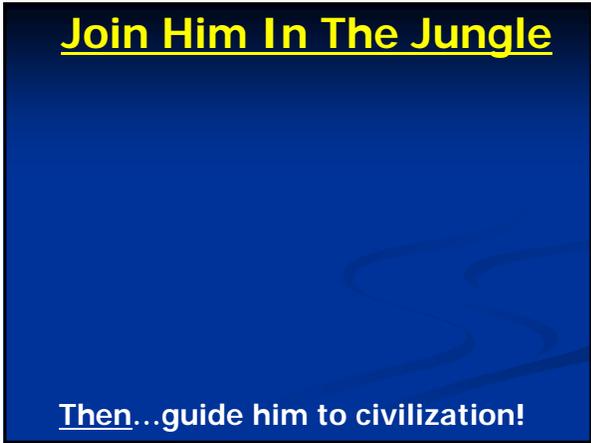
Mirror 1/3 Feeling

Sweet Spot

- Don't scream!
- Start slow (Mild frustrations)
- Spaghetti example



Mirror 1/3 Feeling



Join Him In The Jungle

Then...guide him to civilization!





Explaining This To Parents

Karate vs. Aikido

Best response to adult anger...

You're in France...
but don't speak French

Are You Kidding?

- Baby talk?
- Giving in? (action vs feeling)
- Embarrassing?
- Unnatural?

Are You Kidding?

Dance of Communication

Sweet Spot 100% natural...if tot very happy

Responding to Tantrums

- 1) Use FFR + Toddler-ese
- 2) As begins to calm...your turn
 - distract
 - reassure
 - explain/teach

If Toddler-ese Fails

Real or inflated upset?

- Hug/resolve problem
- Kind Ignore
 lovingly turn away...or leave

Extinction burst



3 Buckets of Behavior

Green = Good

Yellow = Annoying

Red = Unacceptable

Gossip

Play the Boob

Patience Stretching

"Magic" Breaths

- "Conduct" it (slow in...slow-er out;
relax face)
- Before and after play
(learn to inhibit impulses)
- Later...during an upset

Enhancing Executive Function

- Calm not just TV and sleep
- You can build your child's
patience/calmness muscle!

Stop Yellow Behavior

- Saving face!
(Detours...not roadblocks)
- Compromise is a good lesson!
(Haggle...protest a little)





Parent's Stories
