

Quick and Easy Tricks for Toddlers!

Toddlerhood is an amazing phase - your child grows rapidly in such a short time. But man, they can drive you crazy too! Here are some quick and easy “toddler hacks” to help you and your child enjoy your days together.

Give your toddler a choice of two things. This will help your child feel in control, even if it’s something that doesn’t really matter (like who cares what color cup you use?). You can also give choices for actions, like getting ready for bed: “Which do you want to do first, change into pajamas or brush teeth?” Give your child a choice - both of which have to be okay with you - and let them make the decisions.

Is your toddler a picky eater? Give them a “dip” and I guarantee they’ll eat more of their food! We use plain Greek yogurt but you can use peanut butter, ranch, gravy, anything that makes them think they’re getting something special!

My toddler hates having her teeth brushed. So we make it a game! She gets to brush my teeth with my brush; then I brush hers, and she can brush her own when I’m done.

Toddler being fussy? Whisper to them about something exciting (even if it’s made up). “Shh! What’s that? Would you like to go see?” Instantly my toddler stops crying and whispers “Yeah”. She’s forgotten all about whining!

The other suggestion is to give them lotion. We call it “cream” since that’s easier to say, but I have my kid sit down and be calm. When she’s quieted herself, she gets lotion on her hands to rub in. We wipe it onto her legs, arms, hands and feet until it “disappears.” This works wonders (and it’s great for older kids’ tantrums, too!).

The biggest trick I can tell you: keep your child on a routine! We built our day around when our kids sleep: consider wake up, nap start/end, and bedtime. The next thing is meal times/snacks. Kids love consistency and predictability; no surprises when it comes to their schedule!

For more help on everything toddler, check out RealSimpleMama.com or [@RealSimpleMama](https://www.instagram.com/RealSimpleMama)

