

Caring 4 your toddler

Your toddler needs you for food, love and wellbeing - this is part of parenting. Toddlers like routine and being close to you, but they also love to explore the world around them.

Tantrum time

Tantrums are a normal part of your toddler's growth and may occur between five and nine times a week.

Your toddler may have a tantrum when tired and hungry or feeling overwhelmed, frustrated or needing your attention. Planning your day with toddler may help you to avoid some tantrums.

Stay calm and in control and wait it out. Remember the positives in your child and that this is a phase that will pass. If you feel like you might lose control, try counting to five. Smacking your child is not an effective way to teach them the right way to behave.

Sleeping time

Most toddlers are ready for bed between 6.30 and 7.30 pm and need 10-12 hours sleep a night. Most can do with an afternoon nap for an hour or two during the day as well.

Establish a good bedtime routine which includes brushing teeth, quiet time (reading a story), cuddles and lights off. If you have trouble settling your toddler to sleep, talk to your early childhood nurse.

Feeding time

Your toddler will learn to use a spoon or fork. Try eating as a family, children learn from their Mums and Dads. Feeding time can be a messy business for toddlers – keep a bib and face cloth handy.

Make sure your toddler is sitting at a table or even on the floor, not running around while eating. Choking is more likely if your tot is running around or playing.

Nuts should never be given to children under five.



NSW Department of
Community Services



Tantrums are normal – stay calm and in control.



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Safety and supervision

Toddlers are full of energy and will explore their surroundings by climbing, getting into unexpected spots and putting things into their mouth.

Never leave your toddler alone in the bath, pool, garden or car – even for a second.

Always keep a watchful eye out! Accidents happen very quickly so stay close and hold their hand around driveways, roads and car parks.

Most toddlers don't understand the dangers and bump, trip and fall down. If taught safety now, they will start to understand and follow simple rules.

Toddlers like to climb furniture such as footstools, coffee tables, chairs, entertainment systems and shelves, so it is important to supervise your toddler and check that furniture will not collapse easily or fall onto your toddler. For example, attach bookcases and shelves to walls.

Many everyday household items such as food, lollies, buttons and anything

small are a choking risk. Keep small objects off the floor to prevent choking and store sharp, poisonous, breakable and other dangerous objects, including cleaning fluids, alcohol and medications, high up and locked away – well out of your tot's reach.

Being a parent isn't easy! Don't be afraid to ask for help.

Parent Line

132 055 (voice and TTY)

24-hour advice and information for parents with kids up to 18 years

Tresillian

02 9787 0855 or 1800 637 357
(freecall outside Sydney)

24-hour information and counselling for parents or carers of children under five years.

Karitane

02 9794 2350 or 1300 CARING
(freecall outside Sydney)

24-hour telephone parenting information and counselling

Always keep a watchful eye out!