



Surviving the Toddler Years

1. Eat Well

Good nutrition helps you stay well and strong. Make sure you are getting enough fluids to keep you hydrated.

2. Sleep

Get into a good sleep routine and sleep when you can. If you have a sleepless night, remember to make up for it later. Take a nap instead of washing the floor!

3. Exercise

Just a few minutes of active walking or other movement every day helps combat stress. Take time when you can to walk, run, jump or dance!

4. Take Time for You

Have a cup of tea. Get a baby-sitter and visit a friend. Take a warm bath. Start a hobby. After caring for your child all day, giving to yourself helps to refuel you emotionally.

5. Don't Forget to Laugh

Humor can energize and heal. Don't forget to see the humor in parenting toddlers. It is a tough, but funny journey!

6. Try a Relaxation Technique

Yoga, meditation, music and/or breathing exercises help many people. Stores, libraries and schools offer lots of materials and classes that could work for you. What have you got to lose?

7. Make Connections

Find support for the tough job of parenting. Join a play group. Talk to other parents. Don't go it alone!

8. Get a Baby-Sitter

There are nurturing and reliable baby-sitters out there who can help. If cost is a problem, barter services. Trade baby-sitting hours with friends.

9. Ask for Help

If you're feeling overwhelmed and unable to cope, talk to your child's child care provider, health care professional, or another trusted adult. There is help available. Asking for help is an important gift for yourself and your child.

Developed for Healthy StepsSM for Young Children by BUSM[®]: Department of Pediatrics, Boston Medical Center



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