

Toddlers and their challenging behavior

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ABSTRACT

The year between turning two and turning three is a fun one. Toddlers are beginning to understand that they are distinct people from their parents and other caregivers. This indicates that they are motivated to act autonomously (as much as they can), to speak out for themselves, and to express their preferences and dislikes. The linguistic

linguistic abilities that enable toddlers to communicate their thoughts, desires, and needs are also growing in them. At the same time, toddlers still struggle with patience and self-control since they do not yet grasp reasoning. In a nutshell: Two-year-olds demand their wants at the appropriate times. Because of this, you could hear words like "no," "me do it," and "no diaper change!" more frequently than ever.

Key Words: *Childhood; Child behavior; Toddler; Parenting*

INTRODUCTION

Young children are also learning self-regulation, or the capacity to control or calm oneself when disturbed. Both adults and children will experience some difficult times as a result of this process. Learn more about how to handle difficult behaviors like as sobbing, hostility, and resistance, as well as how to encourage your child's growth in self-control and self-regulation. Your responsibility as a parent is to guide your young child through the tidal wave of intense emotions she/he is going through right now. Given the complexity of a 2 year emotional old's life, this is no easy feat. They are starting to feel pride, shame, guilt, and humiliation for the first time this year. Older toddlers resemble teens in many ways. Their emotions may change drastically from one instant to the next. As they receive a popsicles, they could be delighted before becoming dejected when it drips on their hands. So, teaching toddlers how to manage their emotions need your tender care. When your kid exhibits problematic behavior, it typically signifies that she is struggling to find appropriate ways to express her emotions or that she is unsure of how to meet her needs. When your reaction demonstrates to her a better, more beneficial approach to deal with these emotions that is what helps your kid develop. As children improve their language abilities in their third year and gain more experience interacting with others, dealing with disappointment, and adhering to rules, they naturally learn how to manage their powerful emotions. Even yet, kids won't fully develop self-control until they are school age (and continue to work on it all their lives)

Challenging behavior can include

1. Angryness
2. Self-Harm
3. Destructiveness
4. Frustration

When it comes to learning how to handle strong emotions like anger, grief, and frustration, young children require assistance. Therefore, when your child is really upset, acknowledge his feelings by saying something like, "You are extremely upset right now because I said no more television." Then advise him to bounce up and down, hit the couch cushions, rip paper, huddle up in a comfortable spot for some alone time, paint an irate image, or use any other technique you see appropriate. Teaching your youngster that there are several healthy, non-harmful methods to express his feelings is crucial. Show your youngster the steam coming from the oatmeal bowl if you have to wait until it has cooled. Inform him that you may test the oatmeal's coolness with a spoon once the steam has subsided. Use an egg timer so your child can see the countdown if you need to assist them clean their teeth for two min each day. Need to fold some clothing in ten min. So that your youngster can keep track, set a kitchen timer. There are several opportunities throughout the day to teach your youngster this lesson. For instance, playing activities that involve taking turns is a terrific way to practise waiting and sharing. One illustration is rolling a ball back and forth. Children may learn to wait and rein in their need to grab the ball by playing this game. You can also use a tee to strike a soft foam ball. Try performing a tale. Children have several opportunities to wait, take turns, and bargain when playing pretend. Playing "shared music" is an additional suggestion. To do this, select an instrument for each person and set an egg timer for one min.

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Change instruments and start the timer again once the alarm goes off. Your child may occasionally respond in a certain manner as a result of how you handled a situation in the past. For instance, if you offer your kid candy to keep them calm while you shop, they can start expecting candy every time you go there.

Children are fast to pick up on your mood or any family issues you may be having. When you're at your weakest, they could act poorly. Do not blame yourself if you are experiencing issues, and do not blame your child if they behave badly in response. A youngster may struggle with any change in their lives.

This might be something lot minor like establishing a playgroup, moving houses, switching child-minders, or having a new baby. Even if it's negative attention, your youngster may consider throwing a fit as a means to obtain your attention. They could need a cuddle or some companionship at night, which causes them to wake up. Try to pay more attention to them when they are acting nicely and less attention when they are acting difficultly. When a youngster behaves poorly, their positive traits may go unnoticed. When you appreciate anything your child has done, let them know. By giving them your whole attention, a hug, or a smile, you may communicate your happiness to your child.