

Setting Boundaries for Toddlers



Setting consistent boundaries for your toddler helps them to:

- Learn the importance of following rules
- Develop responsibility, self esteem, and their sense of right and wrong when it comes to their behaviour
- Gain confidence in risky play
- Establish trust
- Make sense of their world

Here are some tips on how to set boundaries:

- Set clear and simple expectations - *“We need to walk when we are inside”*
- Be a role model - *“I am putting on my seatbelt to keep me safe”*
- Follow through - *“If you do not clean up your room, we will not be able to go to the park”*
- Focus on behaviour not the child - *“When you took the car from Mark, it upset him”*
- Offer choice and consequences - *“You can hold my hand or you can hold daddy’s hand when we cross the street”*
- Create routines - *Consistent wake up times, meal times, and bed times*

Videos:



Cityline – Parenting expert Robina Uddin shares ideas on how to get your toddler’s attention when asking them to put away their toys or getting dressed. Starting at an early age and realizing that they will need clear, simple instructions and help along the way.

<https://www.youtube.com/watch?v=sfAEQVVwPf4>



Canadian Paediatric Society – Canadian Paediatricians talk about the significance of children’s mental health. A child’s mental health determines how they interact with others and how they see themselves. Establishing boundaries and routines helps develop a child’s mental health positively.

<https://www.youtube.com/watch?v=NjkR9qfogOA>



About Kid’s Health – This video from the Hospital for Sick children tells us why routines for sleeping, eating, bathing, dressing, physical activity and reading are important and ideas on how to build routine into your child’s and family’s day.

<https://kidshealth.org/en/parents/discipline.html>

Articles:



Benefits Of Risky Play: Why Risky Play Is Important To Your Child’s Development (Bridgeway Centre) – Risky Play is play that allows safe risks depending on the child’s age and development. This article discusses the many benefits to allowing Risky Play. The Bridgeway Family Centre offers free prenatal to preschool programs in Mississauga and Brampton.

<https://bit.ly/47rY6xl>



Tips For Handling The “Terrible Twos“ Or The “Threenage Years“ (Parents Canada) – From the Baby and Child Care Encyclopedia, this article speaks to how toddlers are learning many different aspects such as self regulation and autonomy and how it can be difficult as a parent or caregiver to navigate. This provides simple tips to help parents and caregivers, such as redirecting and sticking to routines.

<https://www.parentscanada.com/toddler/tips-for-handling-the-terrible-twos-or-the-threenage-years/>



Positive Discipline For Young Children – Children’s behaviours can be challenging. The Canadian Paediatric Society tells us that connecting with your child emotionally will build your relationship positively and how redirecting works well with toddlers.

<https://caringforkids.cps.ca/handouts/behavior-and-development/positive-discipline-for-young-children>