**FINAL-MASTER-TEMPLATE**

**devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:00:00] Don't beat yourself

[00:00:00] up about that, and if you do flip it's okay, because you can always come back and repair and the fact that you made it seven minutes, Shows you that this is possible for you. And so what I would do is actually when you feel yourself getting ready to flip, that's where I would again, remind yourself this isn't an emergency, and then you might need a back up or back away to get yourself grounded.

[00:00:53] **FULL INTV:** [00:00:53] Today, I'm talking to Devin from transforming toddlerhood. Devin is an ICF certified life coach who specializes in helping parents overcome the challenges associated with raising toddler aged children. She works with the parents directly to create confidence in their parenting and nurture their development to help parents craft the best relationship possible with their little ones.

[00:01:12] I thoroughly enjoyed talking with Devin. And even if you don't have tolerated kids yet,

[00:01:16] I highly recommend taking notes during this episode.

[00:01:19] I hope you enjoy.

[00:01:25] Before we get into this episode with Devin, I wanted to share a view from Junebug 2009. She says, I love this podcast because it talks about everything under the sun when it comes to pregnancy and postpartum, great info, helpful info, fascinating, true stories, and a lot of hilarious moments too.

[00:01:42] I recommend this for all moms, moms to be dads that's to be, and really anyone who's interested in childbirth, maternal health and parenting.

[00:01:50] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:01:50] Devin, I am so glad to have you on the podcast today. So thank you for joining us.

[00:01:55] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:01:55] Thank you so much for having me. I'm so excited to talk everything. Toddlers

[00:01:59] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:01:59] Most of our guests are kind of focused on the pregnancy or postpartum. And so I love when I can bring experts on that are in my phase of life as well. So why don't you introduce yourself and tell us a little bit about you and how you got into your line of work.

[00:02:20]**devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:02:20] I'm a certified coach, so I'm actually an ICF certified life coach. And I've been working with parents and toddlers for over 15 years now and a lot of different capacities.

[00:02:31] I've always had such an interest in children and child development. And I was like the person growing up that was like watching Mary Poppins and the sound of music on repeat and

[00:02:43] so I worked with kids and parents in a lot of capacity, but my background is in child development and psychology.

[00:02:53] And I thought for years I would become a psychologist. But what I realized once I discovered coaching, is that oftentimes yeah. Therapy. When we look at therapy, it's more looking at processing the past. And sometimes like works within diagnoses and kind of has this idea of there's something that needs to be fixed.

[00:03:12] And it kind of is a. Pass base looking towards the past. Whereas coaching is really about honoring what is where we're at. Not about why it's like that, but where we're at. And then also looking at where we want to be. And what's standing in the way of that. And I just love the empowerment of that.

[00:03:34] That's why I decided to carve out the niche of toddler parenting, because there would be for me there wasn't anyone working in the toddler, parent coaching space. I decided to combine my love of coaching and my love of children into that Into what I do now, which I founded transforming toddlerhood three years ago.

[00:03:54] And our mission is really to change the conversation around the toddler years, dispel the myth that toddlerhood is terrible. And my goal in everything that I do is to empower parents, to overcome the challenges, nurtured development, and create confidence in their parenting skills.

[00:04:13] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:04:13] I love that. I, in a way you said it was just so perfect, cause it, it there's so much incredible that's happening in the toddler years. And I think if you're empowered to kind of troubleshoot and figure out and really pave the way. For your toddler and you cause your role both really learning then you'll be set up for success as they age.

[00:04:37] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:04:37] Yeah, absolutely. I always say it's okay to learn alongside your toddler. You don't have to have it all figured out and you growing and learning alongside of your toddler is completely normal and appropriate. It's a growing, it's a growth phase for sure.

[00:04:52] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:04:52] definitely. It is, it has never been more of a learning experience. I think it's like the crash course and learning all of the things that you don't like about yourself too.

[00:05:03] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:05:03] Role? Yes, because these little beings they're really. Our most clear or clearest mirrors, right? Like they're oftentimes holding up a mirror and reflecting back some of the things that we quite frankly can't stand about ourselves. And we haven't actually created enough compassion for ourselves around yet.

[00:05:23] And yeah it's frustrating. That's where that little mini me term can come from sometimes. So it's just holding up that mirror and reflecting it right back to us.

[00:05:31]**devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:05:31] So true. So what is the like coaching, like parenting behavioral methodology that you teach or coach with your clients.

[00:05:41] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:05:41] Yeah, that's a great question. Lot of what I focus on is teaching parents positive, effective, developmentally appropriate tools. So this is where I focus a lot on education, about development and especially brain development. What's actually happening for toddlers and really setting a clear expectation about what is developmentally typical for the toddler years, because oftentimes our expectations are very skewed about what.

[00:06:06] Toddlers are and are not capable of, and it has a mix of like positive parenting and like the Montessori approach. But when we also bring in the coaching aspect, it's truly about shifting our lens. From these binary lenses of like good and bad, and wrong, and really helping families figure out what it means for them.

[00:06:29] What are your family values? What's the relationship you want to build with your child? And then looking at are the tools and strategies you're using really in service of that. And sometimes it's as simple as starting to shift our own lens of how we view toddlers and their behavior to really.

[00:06:48] To really be able to bring forth that compassion and empathy and create the connection and the relationship. Because what I like to say, parenting is a relationship. It's just a different type of relationship, but at its essence, it's a relationship.

[00:07:06] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:07:06] totally. Now I want to back up. Cause you, you brought up a good point. Can you first define what a, what is considered a toddler? What is that age group? And yeah.

[00:07:18] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:07:18] Yeah, absolutely. So toddlers typically toddlerhood so it depends, everyone has a little bit different definition, but it's roundabout ages one to five or one, sorry, one to four. Sorry.

[00:07:30] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:07:30] okay.

[00:07:32] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:07:32] Toddlerhood is around about ages one to four, but a lot of times we start seeing like some of the behaviors of toddlerhood around 15 months and up till about three four years of age.

[00:07:45] And what's interesting is how we know a child is in toddler, in the toddler. Yeah. Is because they're actually. Starting to realize that they're separate individuals from their parents and caregivers and they're forming a sense of self. So they have this developmental drive to exert their will and experiment and explore.

[00:08:07] And so when you start noticing that your toddler. Your child wants to have a say in what's happening and your agenda is clashing up against their agenda. This is where you start noticing like, Oh, we are now entering the toddler years.

[00:08:25] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:08:25] Okay. Very well said. Yes. I, it's funny this morning, my eight month old was. My, my four year old and my month old were both trying to climb on me. And it was like a very funny interaction because my eight month old was getting really mad at my four year old for taking up my lap. And it felt like a very advanced thing.

[00:08:46] Cause I was like, Oh, he's actually upset that someone is taking up space where he feels like he should be taking up space. And I was like, are we hitting? Are we hitting this phase early? Cause I don't remember either of my kids, but then I'm like, maybe that's just a third kid fighting for his attention.

[00:09:03] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:09:03] Yeah it is part of this idea of all children want to be seen and heard, they all want to be seen, heard unconditionally loved and accepted, and that doesn't start at a certain age. That's an inherent. Part of humanity because it's the same for us as well as adults. So you're definitely going to see that.

[00:09:21] I think that when it starts becoming more prominent and you see it on a regular basis and your child's really trying to tell you Hey, I have an idea. Here's what I think, saying it with words in the toddler years, but they're saying it through their behavior and that's when you're like, yep.

[00:09:38] We are really, we're really there in the toddler years.

[00:09:42] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:09:42] Yes. Yes. So what is the, some of the most common challenges that the parents that you're working with? Are what your like are faced with?

[00:09:53] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:09:53] Yeah. I think the biggest, like overarching challenge is probably just this idea that. Toddlers are terrible and they're like bad. And you know that they have bad behavior because this is actually a challenge that we have that we don't know that we have because it starts to skew our lens and how we view behavior and how we interact with kids.

[00:10:18] And this is actually a really big challenge when it comes to creating connection and effectively parenting, if we are making a toddler's behavior mean something about them, that's not true. So that's one thing that I see happening, which we can talk about a little bit more about as we go on.

[00:10:35] But then I kind of have narrowed it down to three main categories of challenges. So oftentimes I Find that parents want to parent differently than how they were parented, but they don't know what to do instead. So they end up doing the opposite. So maybe they end up being. Permissive. And until their boundaries are crossed a lot and they can't take it anymore.

[00:10:59] And then they like swing over to being controlling. So this has to do with setting limits. Another challenge is like being uncomfortable with emotions and not having the capacity to be with all of the emotions that confront us that come from these little humans. So that really applies to challenges around tantrums.

[00:11:19] And I'm also just realizing that we're not in control, that we can't control it, another person's behavior or feelings or emotions. And that's a really big challenge that shows up in the form of power struggles with our toddlers.

[00:13:16] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:13:16] it is interesting that you say parents want to parent differently. And I guess if you've, if you didn't have, I look at the way that I was parenting and there's a million things that I think were done so well, I obviously don't know about the toddler years because my parents don't remember the FFR, which I'm like, that's insane.

[00:13:32] How do you not remember? And now I'm like, I don't remember one year ago.

[00:13:35] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:13:35] Yeah.

[00:13:37] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:13:37] So there's that. So I get it now. I it's I think setting limits is definitely one of those things that a lot of listeners will will relate to. So let's kind of go into each one of these things and talk about how, like, how we can successfully set limits that we're comfortable with and boundaries.

[00:13:59] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:13:59] Yeah, absolutely. I think the biggest thing that I say about limit setting is only setting limits that you're willing to follow through on. And so this really has to do with knowing, first of all, what your boundaries are, and also then creating limits that. Really guard those boundaries. So your boundaries are being crossed because when our boundaries are crossed too much, that's when we can't take anymore.

[00:14:26] And then we have our own adult meltdown. So that's one of the most important things is only set the limits you're willing to follow through on. And as you're going through that process, you may start to notice actually there's a lot of limits that I set from convenience or from. You know this lens of control or maybe like from unrealistic expectations.

[00:14:48] And if you do that, it's okay. You're not wrong or bad. But the thing is that when we just set limits without having clear intentions behind them, then oftentimes it becomes hard to be consistent and follow through. And because toddler's main job is to experiment and. Explore then they are going to be testing the limits and they're going to see is it true in this situation?

[00:15:13] What about now until they're really sure that this is how it is. So if it's if you're not prepared to follow through, it can create a lot of confusion for toddlers, because they are really seeking that safety of knowing where the boundary is. They're really looking for the edge of the container.

[00:15:31] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:15:31] Totally. It's funny that you say that my, the one piece of parenting advice that my mom was always consistent with was follow through with your threats. Don't do not follow through with your threats. And the other night I, my children were, are now sharing. My two toddlers are sharing a room and it was.

[00:15:47] Nine o'clock at night and they get it. This was a new thing. So they're excited. And I finally went in and I said, if you guys do not, now I've lost, completely flipped my lid and I'm yelling at them. And I'm like, if you don't, if you don't stop what you're doing, there's going to be absolutely no shows tomorrow.

[00:16:02] You will not watch a screen. And I thought that this was like gonna be the big this was like, my son loves watching TV and he's I thought it was going to. Be the control thing. My husband was laughing in the other room cause he's that was a big swing. And of course, obviously they did not listen.

[00:16:15] And so the next day I'm like, were I followed through with that threat? They did not watch the screen, but I'm like, this was really a punishment on us. I was a real lesson learned.

[00:16:26] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:16:26] Gosh, I just love this example because it's a really great way to illustrate how conventional parenting tactics like punishments and threats can oftentimes backfire and actually cause us more anguish and stress and frustration and not do anything remotely close to what we were hoping.

[00:16:48] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:16:48] Totally. Oh my, it was just a perfect example of a backfiring, so I would, and I'm sure people listening have also done something like this. So can you tell me how I should have handled?

[00:16:58] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:16:58] Okay. Yes, this is great. I think the first thing that we need to like, look at first, before I tell you exactly what you could have done, the situation is really talking about discipline and what effective discipline looks like, especially in the toddler years. Would that be okay?

[00:17:12] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:17:12] That would be wonderful.

[00:17:14] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:17:14] cool. Cause we need like a baseline to kind of understand, okay, where are we going to come from here?

[00:17:19] If we're not coming from conventional parenting, where we have the lens on that? They're being bad, they're being manipulative. We have to make the behavior stop. And the way to do that is through punishments and threats and bribes and things like that. What's the alternative.

[00:17:33] That's where we take a process or approach that's informed by. Brain science. When we look at what's more effective in the long run, which is building a strong relationship based on trust, emotional safety and connection between a parent and a child while teaching skills that lead towards self control.

[00:17:54] So the real goal of discipline is not punishment, even though that's. How we often understand it from a conventional parenting aspect, but it's really about teaching self discipline and what leads to self discipline is first of all, brain maturation, as your children grow their brain matures and also learning skills.

[00:18:18] And part of the learning skills it's also needed is of course setting boundaries that you follow through on. So it's really about focusing on. The needs and emotions connecting to the needs and emotions behind the behavior before correcting the behavior itself. And the reason for this is because when a kid is quote unquote misbehaving, especially toddler they're in the downstairs brain, they're in their emotions.

[00:18:44] And they're cut off from the upstairs brain, which is. Responsible for regulating their behavior and their emotions and impulse control. So we have to meet them where they're at and kind of walk them across the bridge, back to their upstairs brain. So then we can start to find a way that makes forward and teach them the skills.

[00:19:07] Does that make sense?

[00:19:08] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:19:08] makes total sense. Total sense.

[00:19:10] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:19:10] Yeah. So in a situation where you have two kids that are can you tell me again where they just like fighting with each other or being loud or what was the exact thing?

[00:19:20] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:19:20] They were just being wild, a wild man and wild lady and their rooms when it was supposed to be a bad time in their room because they share one when it was supposed to be bedtime. And like they'd be getting out of bed making a big mess with their clothes or whatever.

[00:19:34] It was basically destroying their room and

[00:19:37] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:19:37] and this is after lights out.

[00:19:39] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:19:39] after lights out.

[00:19:40] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:19:40] Okay. So after lights out, so this is a different situation. If this was before lights out I would walk in and be like, looks like everyone has a lot of energy. And then I might harness the energy for a minute and say, I'm going to set a timer and we're going to. Run in circles as fast as we can or whatever.

[00:19:59] And then like for one minute and then fall down and then read some books together and get them like called, like starting to calm down and everything. But when it comes to, because you're meeting them where they're at and then your, hard, you're working with them to guide them back to where you want to be.

[00:20:17] But when it's after lights out, it's a little bit of a different story. And the problem is that remember we can't control another individual and toddlers show us our complete lack of control around sleep. Eating and toileting, because these are all biological functions and you cannot force someone to do that.

[00:20:37] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:20:37] Yes.

[00:20:39] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:20:39] In this moment, it sounds like they might need a smaller container. Like the the containers a little bit too big, and they have a little bit too much freedom in there. So what they might need is someone like sitting in the doorway, At first, to help them get into bed and make sure they're staying in bed.

[00:20:58] If they get out of bed, that's where you'd want to just walk them back into bed and say, it's time for bed and then put them back in, cover them up. And eventually when they see that you're following through on the limit, then. They'll get the picture because if you sit and wait for your toddler to fall through on the limit, then you're going to just be watching them run around the room for an hour.

[00:21:21] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:21:21] Yes, exactly. Exactly.

[00:21:22] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:21:22] this is what I mean by follow through on limits. And sometimes it looks even, it can look different, say you were at the park and it's time to leave, or maybe you're downstairs and it's time to go upstairs for a bath or, something like this and your toddler's not ready to go.

[00:21:38] You might say okay, in five minutes, we're going to go upstairs. And. Then it's been five minutes and say, okay, it's time to go upstairs. Do you want to race me up the steps or do you want to walk up the steps? Something like that. So you give them some type of choice or do you want to piggyback ride or something like this?

[00:21:56] And when they say no and they're not going, this is when you say It's time to go upstairs and you give them another choice. Do you want to go up on your own or do you want me to help you? And they still don't listen. This is when you say I see you're having trouble making a decision, so I'm going to help you.

[00:22:13] And then you pick them up and you take them upstairs and they're going to cry. But this is another way where we need to follow through on the limit or like with hitting, when we tell them like, Oh, don't hit the dog or pull the dog's tail. If we're telling them that from across the room and waiting for them to comply, they're impulse control is not well enough developed to be able to do it.

[00:22:34] So they need us to get in between them and the dog and say, I won't let you hit me the dog.

[00:22:39] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:22:39] It's like you're living in my house and watching.

[00:22:46] **INTRO:** [00:22:46] I don't know about you guys, but eating healthy foods in the first trimester of pregnancy seemed like an impossible feat. That's why I started ordering bumping blend smoothie cubes. These smoothies were absolutely life-saving for my first try symptoms of constipation and nausea made by a mom.

[00:23:01] A friend of mine. These super easy smoothie cubes are designed by dieticians to support common sense. Pregnancy symptoms like mine, but also Dysport mama lows, like mood swings and anxiety, low energy and trouble sleeping,

[00:23:13] All you have to do is pop the bump and blends into your blender, add liquid and enjoy a delicious smoothie made just for you.

[00:23:19] They have over 20 flavors. So I never got bored of them and are made with a hundred percent, all natural whole real foods. So they're safe to share with your kiddos and even your babies.

[00:23:28] However, I used to make my smoothies when the kids were in school, so I didn't have to share, but that's just me.

[00:23:32] You do you seriously? They're vegan cookie dough flavor. I made the mistake of letting my daughter eat once and I couldn't open the freezer around her with, without her demanding them.

[00:23:41] By everywhere.

[00:23:42] They were nice enough to pass along a special discount for our listeners. You can use the code J U N a@checkouttosaveonyourfirstorderatbumpandblends.com.

[00:23:51] Again, had to bump in blends.com and use the code J U N a to get 20% off your first order.

[00:23:58] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:23:58] I'm like, I feel like a broken record with the numb again. And if it's still funny, as soon as the moment you grow out of it with one kid or the moment those neurons have finally been like, okay, they, like now my son knows not to do that. So the dog, my daughter starts,

[00:24:16] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:24:16] Exactly, but it looks different too, because it definitely, it's not in the same way because each child is unique. So yes, it starts again, but even bigger. Part of the challenge is it doesn't look the same as the other kid.

[00:24:30] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:24:30] totally. And it's so funny, but my son and daughter are so different and the parenting styles like that, that resonate with them is so different. And so all of the things that I learned that worked, my son do not work with my daughter and it's I thought it would get easier.

[00:24:46] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:24:46] Yeah. Yeah. And this is why the programs I create for parents. I say it's not just for new parents. It's not just for if you have a toddler, like if you could have been deep in the trenches for the toddler years for a long time and still need support because each child is unique and of course is Addy and multiple kids changes the dynamics as well.

[00:25:05] So you're not alone in this. It's not that it. Does it get easier? It's just that everyone continues to grow and change and there will always be ups and downs with growth.

[00:25:17] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:25:17] totally well said. On that note, I want to talk a little bit about meltdowns and tantrums. Cause I think that those are something that we all experience, especially in that 18 months to three years. Of age. And thankfully they've gotten much more minimal, post three, but but how, what are some ways to manage meltdowns and tantrums?

[00:25:39] And I, I, from my understanding is that they're different. And so maybe you could describe what is actually going on in the brain or the difference between a meltdown and a tantrum, and then how to handle it.

[00:25:50] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:25:50] Yeah. So sometimes people. Try to differentiate between a meltdown and a tantrum. So sometimes people say that a meltdown is when a child. Has this emotional release where they just can't cope anymore. And so then they just the pot boils over and they can't handle anymore. And so then they fall apart.

[00:26:12] Sometimes people describe tantrums as when a child is actually Like having this meltdown from a place of like defiance, where they're like, trying to exert their power or get things to go a certain way. And honestly for myself, because tantrums and meltdowns are used so interchangeably in everyone's language, I tend to lump them together and really understand that.

[00:26:40] Regardless, if it's a meltdown or a tantrum, regardless of how you call it, it's a way for your toddler to express themselves. It's how they release them process emotions. And it's how they try to understand what's happening around them. And it's also how they try to change the things that are happening around them and get their needs met.

[00:27:01] And you're right. They do peak from 18 to 36 months. And what I think the biggest misconception is that they're actually a really important part of development.

[00:27:14] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:27:14] Oh,

[00:27:15] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:27:15] Yeah. And I can tell you a little bit more about why they're so important. So the reason they're so important is because your toddler's brain.

[00:27:22] So the prefrontal cortex that's controls a lot of different things, but really for the purposes of what we're talking about now, impulse control regulation, emotional regulation, things like this. That's the brain that's responsible for that. And it doesn't really start developing at a more rapid pace until around four years old.

[00:27:43] So that being said all the times that your toddler is having trouble coping and they are crying and they're trying to process their emotions. It's them learning. About emotions, how to regulate them. And it's all in service of their brain development. So they learn how to regulate their emotions and their behavior.

[00:28:06] And the thing is that T that toddlers can't do that on their own. They actually need our help us adults. And so it's a really important part of their development to learn how to fall to pieces and come back from that.

[00:28:20] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:28:20] Yeah. It's that you explained that. Cause I, when I I read the whole brain child kind of like midway through the pandemic and it was just such a life changing book for me in the way that I approached my son. Tantrums or meltdowns. And I remember the first time I used like language when he was like, in the middle of something and I was just like, I can see how frustrated you are.

[00:28:42] And he like, stopped and was like, yeah, I am frustrated. Oh my God, wait, what did that just work?

[00:28:48] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:28:48] Yeah. So that's the whole idea of the fact that our children just want to be seen and heard. And by creating that connection, sometimes just starting by creating connection. It's enough. To turn a behavior around because it makes your child feel seen in her. Sometimes we have to move on to the setting limits the teaching skills, the finding a way forward, all those things, but sometimes it's enough just the connection to create the shift.

[00:29:20] And so it's just such an important thing to illustrate this positive approach and how it can make a difference. And, but sometimes I find that Where'd you frustrated in that moment because we're making the behavior mean something about the child, we're making it mean something about us, how we're not enough or doing the right thing all or this.

[00:29:39] And so it's really important to start with tantrums to really begin with shifting your lens, to know that this isn't about you. This is about them. This isn't your toddler being bad. This is your toddler, unable to cope and trying to get their needs met. This is your toddler and learning. It's your toddler having an emotional release.

[00:30:01] And if you need to bring a little bit of humor into it, my good friend, Patty whip, Fleur from hand-in-hand parenting always likes to say really a tantrum is an emotional poop.

[00:30:13] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:30:13] Yep.

[00:30:14] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:30:14] It's your tiles eliminating all the feelings and emotions that are built up throughout the day, throughout the week, and that are no longer serving them.

[00:30:22] Just like when you eat the banana, your body uses some of the banana as nutrients. And then the other part we eliminate right.

[00:30:30] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:30:30] So true. So true. So that's, I love that. I literally never heard it, but I'm going to use it.

[00:30:37] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:30:37] It's brilliant. I have to give credit to Patty. But we talk about it a lot. Whenever we work together,

[00:30:43] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:30:43] No. It's great. So if w walk me through how you would like my son is, has just gotten home from school and he really wants a piece of candy. And I've said no, because dinner is soon and he loses his mind. What, how would you handle that? What would be the best way to handle that?

[00:31:00] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:31:00] Yeah. So actually there might be some things that you can do. So I will walk everyone through like a simple process for what you can do around tantrums and what your job is. But for this example specifically you might be able to use some tools before you even get to the tantrum stage. So what I would do in that situation is meet your child where he's at create that connection.

[00:31:26] Oh, you really want a piece of candy. You really want a piece of candy right now, and it's almost time for dinner and then you can turn the no into a, not yet or a how the not yet might be, we can have candy. After dinner, something like this or the, how might be like actually just saying Oh, you can have two pieces of candy now.

[00:31:54] If they're M and M's or something like that, and then you can have the rest after dinner. So sometimes if we find a way to meet a child's need within our boundaries, we can turn a hard, no, which typically sends a toddler into a meltdown because it's. Turns it into a power struggle. They have an agenda.

[00:32:14] We have an agenda at clashes. So if we can turn it into a, not yet or a how it can sometimes. Not create, we can skip the whole tantrum part, but then sometimes the tantrum is going to happen anyways. And it's not even about the M and M or the key E it's about all the stuff that built out, built up through the whole day.

[00:32:35] And now he's back home where it's safe and he can release this, but it's the candy that set it off.

[00:32:41] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:32:41] Yes. Yes.

[00:32:43] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:32:43] but if he goes into the tantrum and you know what I always say, our job is the throughout the life site, saber, when the toddler is drowning in a sea of emotions, because they need our help to regulate which the process is called co-regulation.

[00:32:57] So what I tell parents to do first is create safety. Make sure your child's safe. Physically safe. You're not going to hit their head cause some tantrums can get a little bit wild and you want to make sure your child is safe because once your child's safe, you can remind yourself that your child safe.

[00:33:15] And so are you. And then you can take that time to really not treat it as an emergency. Let your toddler have their emotional food while you get grounded. Once you're feeling grounded, this is where you can hold space. Hold space for the emotions. And it looks different for every child. Some children respond better to us being closer and us saying more, some children respond better to us taking a step back and also responding a little bit less.

[00:33:46] You might just say you want that candy right now when it's hard to wait. I know I'm here. Something like this and just sit nearby and practice, grounding yourself while your toddler falls the pieces. And then of course, setting limits around the unsafe behavior. If your toddler starts hitting you or something like this, you might say I won't let you hit and you put like a cushion or a pillow between you two.

[00:34:12] So he can't make contact or you back up a little bit, something like this, what questions do you have about that?

[00:34:18] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:34:18] No it's interesting. I it's I keep thinking about the difference between my son and daughter and like just how differently they handled their tantrums. Like my, I had never seen a child throw himself on the floor until my daughter.

[00:34:32] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:34:32] Yes.

[00:34:32] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:34:32] And so like the creating safety is like the first thing.

[00:34:36] And even my son, like never hit, but my daughter does. And I, it's interesting because I keep reminding myself like sh like I, I have to continue to tell her I will not let you hit me. We do not hit in and eventually she'll get that. But it feels those pathways are taking longer than I want them to be learned.

[00:34:56] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:34:56] Yeah. And that's, what's challenging because as I said, that. That part of the brain, doesn't start developing on a more rapid pace until around four. So it's really challenging before four, but it doesn't mean that all of a sudden your child's four and then they can do it now. Like it's still about supporting them and learning the skills and one great phrase.

[00:35:20] And these type of moments that highlight to use is it's okay to be upset or frustrated, disappointed, whatever, insert feeling. But it's not okay to hit, it's okay to feel how ever you want to feel. And it's not okay to hit that for us to be able to say that it really starts to take practice on our part to being able to be with the feelings and emotions that make us uncomfortable, because most likely the way most of us were raised, our parents shut down the feelings that they were uncomfortable with.

[00:35:51] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:35:51] Yes. Yes.

[00:35:53] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:35:53] They didn't give us space to let those come out. And it might look different. Sometimes they tried to fix it. Sometimes they try to control us or, said it wasn't acceptable. We got punished for it, but so it really the more I find, the more compassionate we can give ourselves as adults.

[00:36:07] In our journey with being with the discomfort of parenting and the discomfort of a young child's emotions, then the more we with time can access the, giving them compassion as well for how, what a hard time they're having with their lack of brain maturation and limited life experience.

[00:36:27] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:36:27] Yeah, I think it's I think the interesting part of like, when you said, do you have any questions, as I think about the. The like longevity of the tantrum and your patients as a parent. And I feel like what ends up happening with me and I'm sure listeners too, is that, for the first seven minutes I can be super patient and, label his feelings and do all.

[00:36:52] And then at some point I'm just like, Okay enough. And I think that is my largest struggle as a parent is is the. The continued patients. And so do you have any tips for that? Cause I think like it's like you only go, you go so far and then like they, your kid just breaks you and it almost feels like I've wasted all that Goodwill for the previous patients that I had expressed by, by, by flipping.

[00:37:23] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:37:23] Yeah. Yeah. First I want to say it's not wasted. So you're not a bad parent. I almost want to say, congratulations, you're human. This is great. And we all like in all areas of our life, but we don't even just look at parenting caregiving, working with children. If we look at other places in our life, we all have a place where we stop.

[00:37:43] With different areas, different activities, the place where we're at the edge of our comfort zone and we stop. And so what I'm hearing for you when it comes to tantrums, that's about seven minutes. So congratulations. You made it seven whole minutes. That's amazing. That is amazing.

[00:37:58] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:37:58] Yes.

[00:37:59] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:37:59] really be with it. And this is part of it is that expanding our capacity to be with uncomfortable emotions. And again, like it's all about moving the needle forward 1%.

[00:38:12] So say you can make it seven minutes. Maybe next time you make it seven and a half or eight minutes. And if you have a blip because you didn't get any sleep and you made it only five minutes before you flipped your lid. That's okay too, right? Because growth isn't linear, but it's really about focusing on moving the needle forward.

[00:38:30] One, 1%, 1%. But I think that, of course like the At any moment, like you can move back and say you're even cooking dinner and you have a child melting down or you have a diaper to change and you have a child melting down, you can say have to go change diaper and I'll be back, it's okay.

[00:38:49] I love you. No matter what, I'll be back. Something like that, but it's okay to come back and check on a child because even if you only have one child, like you can't just sit there forever sometimes like you have things to do. So it's okay to move on. And I really think like the root of the question is really stems from the pressure we put on ourselves to be able to do it all.

[00:39:09] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:39:09] Totally. Yeah. That is totally true. Totally true.

[00:39:12] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:39:12] Yeah, no, I hope I answered that enough for you about it. There's not the problem. The point is there's not a quick fix. It's really about our own internal growth and our own internal compassion and grace that we give ourselves. And it's a work in progress.

[00:39:26] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:39:26] Yeah, no I love that and I, I. I the, one of the things you said earlier too, and I don't want to gloss over it. So I'll almost just reiterate it, but I, the opportunity with my, my, my meltdowns, if you will, are I always look at it as an opportunity to repair too. And so when I've calmed down, I will always go in and tell my son I'm so sorry.

[00:39:48] Mommy should not have yelled at you. That is not how we talk to each other. I do not like that. I lost control and I'm sorry. And I like, I do that because one, I like read in a book that you should do it. So I do that, but I also like, especially if I see how much it means to him and that, and it's a behavior.

[00:40:07] I want him to be able to model that like it's okay to accept that we've done something wrong. We need to apologize for it, and we need to own our own behavior so that we can get better.

[00:40:17] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:40:17] This is exactly how you help a child foster compassion, empathy. It's really about modeling it, modeling, treating your kids with respect and the same respect that you want to be treated with. And you want your kids to be treated with. And this also. That's a big part of that is making amends, right?

[00:40:37] Like honoring, like owning your behavior and owning your feelings that, triggered it and honoring how it impacted the other person. Apologizing. And then looking at moving forward, what's your intention or your commitment around moving forward and next time and one great thing is as kids get older, they become really awesome accountability buddies accountability partners, because when we say Hey, next time I'm going to practice doing this.

[00:41:09] As your child gets older, they're gonna point out like, Oh, Hey. Hey, remember you got to practice doing this on this happens. But what's so cool is that they learn that like they don't, it gives them the space to learn that perfection is an illusion, right? Like it's really about relationship not being perfect.

[00:41:31] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:41:31] Yeah. Yeah. Love that. That's so true. In the interest of time, I'm going to ask you one more question. Cause I think like it's easy to talk about the negative things, but what is your approach to praise?

[00:41:42] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:41:42] Oh, yes, this is a great question. So actually I have a freebie on my website that goes over this, because I think praise is a really, it's very powerful way to help shape a child's understanding of themselves. And it's a really big opportunity for us to help children shape a growth mindset. So the things that I'm about to say about praise, like I just want to say.

[00:42:07] It's not about doing it right or wrong. It's just looking at it as here's an opportunity where I can practice. Creating something intentionally. And giving generalized praise only like way to go or praising personal qualities, like you're so smart or there's my pretty girl or evaluative praise good job or things like that.

[00:42:33] That's like inherently has a judgment. This can Can support kids in cultivating a fixed mindset, which means that they view their talents and abilities as fixed. So a result of that can be afraid of it. He, mistakes are less willing to put in the necessary effort or being unwilling to practice because they're afraid of failing.

[00:42:54] I know that personally. Yeah, this was like, this is like a, been an uphill battle for me for a lot of a big part of my life. Not saying that it's because of the way I was praised, there's a lot of things that go into creating a fixed mindset, but. There is always this expectation of performing at school and so I didn't take as many risks in some places.

[00:43:14] But the thing is that with a growth mindset, kids start to see success as. Something that comes from the effort or practice that they put in, which actually is really important part of parenting as well, because parenting is all about practicing, again and again. So my general guidelines for praise are don't overuse it, focus on the process and the effort over the outcome. And then focus on giving specific feedback like narrating what's happening and sometimes a simple thank you is enough,

[00:43:53] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:43:53] Yes. It's funny that you say that. I love those are great tips. I'm gonna, we'll also link to your freebie in our show notes. But I think about, I was reading a book with my daughter and EV and she was like really wanted to help me turn the page and or she was helping me turn the page.

[00:44:09] And as I was reading, I just. Said, thank you. And now it's like her thing where she's she's obsessed with helping me turn the page. I'm just like, wow. I guess that was enough motivation for her to all of a sudden be very focused on being super helpful with the page turning

[00:44:25] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:44:25] Cause there's so many, like we oftentimes think that it has to be some big like grand gesture or, and sometimes it does help to mirror a child's excitement if they're excited. But sometimes we tend to like, On this extra excitement and kind of go, over the top, but really at their core toddlers just want to be seen, heard, and unconditionally loved and accepted.

[00:44:48] And there are so many subtle ways that we can do that. That don't require a lot of like extra effort and brainpower.

[00:44:57] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:44:57] Yes, that is very good piece of advice. Devin, I, so I literally could talk toddler hood for hours and hours, but I will be respectful of your time. So I appreciate you coming on the podcast so much. So thank you for sharing such actionable tips and advice on managing our toddlers.

[00:45:16] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:45:16] Oh, you're so welcome. And maybe we can do it again another time, because I'm sure there's more questions out there.

[00:45:22] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:45:22] Oh, I would love that.

[00:45:22] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:45:22] Yeah, I just really want to leave parents that are listening that with the idea that just remember, like when things seem tough or nothing's working, just remember that each and every moment is an opportunity to begin again.

[00:45:38] And all's we have to do is accept that invitation. Each and every moment we can choose something else and try again, and it's absolutely okay to be growing and learning. Alongside your toddler and that's, what's going to create that strong relationship.

[00:45:54] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:45:54] Yes. Thank you. And why don't you tell our listeners where they can find you.

[00:45:58] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:45:58] Yeah. So you can find me on Instagram at transforming toddlerhood and also at my website, transforming toddlerhood.com.

[00:46:07] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-02-18pm--skuhn4:** [00:46:07] Perfect. Thank you so much.

[00:46:08] **devon-transforming-toddlerhood\_recording-2\_2021-02-11--t06-04-24pm--devon:** [00:46:08] Thanks for having me. This was so fun.

[00:46:13] **INTRO:** [00:46:13] Okay. That's all for today. If you like today's episode, please share it with a mom and friend and leave us a review. If you're pregnant, postpartum, or trying to conceive, you can download the Juna app completely free for seven days.

[00:46:24] The app is available for iOS and Android and is designed to be your guide for all things, health and fitness for this very special time of your life.

[00:46:31] If you have any suggestions for episodes you would like to hear, or anyone you think would be a great guest on the show, please email me directly@sarahatjuna.co. Thank you so much for listening and I'll see you next week.