

VICTORIA ANG-NOLASCO, MD

# TODDLER PARENTING STARTER GUIDE



EFFECTIVE PARENTING



# Hello!

I'm Dr. Victoria Nolasco, a developmental and behavioral pediatrician, clinical associate professor of pediatrics, positive discipline parent coach - and most importantly - mom of a toddler.

There are just so many things to do as toddler moms! Everyone has an idea of what we should be doing. How do we know what actually works? What is actually worth our time and effort?

Science actually gives us the answers! We have learned so much in the past ten years or so that gave us a better understanding of early childhood development.

This guide has five practical and effective parenting strategies you can do immediately. So you can be confident that you're on the right track.

*Victoria*



# 5 HABITS TO START

SCIENCE-PROVEN PARENTING STRATEGIES THAT WORK

## 1 TALK WITH YOUR CHILD

What's the BEST way to promote brain development? It's simple! Just talk with your child as you go about your routine throughout the day.

## 2 JUST PLAY

Kids learn best through play. But there's no need to constantly worry about planning activities. Free play is best.

## 3 ALLOW EXPLORATION

Toddlers need exploration, and the physical activity that comes with exploring.

## 4 HUGS AND CUDDLE

Showing and receiving affection is very important for brain development. Connecting with your child is also the start to helping your child learn emotional regulation.

## 5 READ TO YOUR CHILD

It's too early to teach your child to read, but it's never too early to read picture books to your child.

### Notes/ Reminders

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# 5 THINGS TO SKIP

WHAT TO REMOVE FROM YOUR TO-DO LIST TODAY

## ✘ **ACADEMIC LESSONS**

Stop worrying about trying to teach your child the alphabet.

## ✘ **WORKSHEETS**

Young kids DON'T need worksheets. These will only cause stress for you and your child!

## ✘ **ONLINE CLASSES**

Toddlers DON'T need online classes, so don't feel pressured to enroll.

## ✘ **COMPLICATED ACTIVITIES**

Don't worry about following the complicated "toddler activities" that you see all over the internet. Kids learn best from simple, age-appropriate activities.

## ✘ **PICTURE-PERFECT PLAYROOM**

It's too early to teach your child to read, but it's never too early to read picture books to your child.

### Notes

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# RESOURCES

FREE TOOLS TO HELP YOU WITH TODDLER PARENTING



## DEVELOPMENTAL MILESTONES

A free guide from the Center for Disease Control on what your child should be able to do at each age from 0-5 years.



## SERVE AND RETURN

If you do only ONE thing with your child, do this. Watch this step-by-step video from Harvard University.



## READING TO KIDS

Check out these free resources from Reach Out and Read.



## LEARNING READING

Don't fall for the programs claiming to teach your child to read by age 2-3. Get this free research-proven guide with what to do at home to help your child develop the building blocks of reading and writing.



## PICKY EATING

Get these tips from the American Academy of Pediatrics.



## TANTRUMS

Get the free guide with a five-step plan to handle tantrums.

### Notes

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# Next Steps:

If you start these five habits today, you'll be doing exactly what you need to:

- bring out the best in your child
- prepare your child for kindergarten
- enjoy and make the most out of the toddler years

Stop worrying about what everyone on the internet says that you should do. Many of these are actually harmful!

I understand that even if we are doing so much, we always feel like we're not doing enough. Stop worrying about that today.

Here's what to do next:

- Get 45 easy, no prep toddler learning activities and do these with your child.
- If tantrums are your main concern now, get the checklist for handling tantrums.
- Want an all-in-one solution to teach your child at home - in an easy way, without spending hours researching and prepping? Get the Learning Through Play 101 online course for toddler moms.

**DISCLAIMER:** This guide is for informational purposes only and DOES NOT CONSTITUTE MEDICAL ADVICE. It is NOT a substitute for consulting your doctor. Downloading this guide does NOT initiate a patient-doctor relationship with the author. You should always seek the advice of your physician with any questions or concerns you may have. You should never disregard or delay seeking medical advice because of what you see here. We have no liability in any way to you or any other entity for any injury, loss or damage, direct or indirect, arising from the use of the information contained herein. Read the full [disclaimer policy](#), [terms of use](#), and [copyright notice](#) here.

