

COPEing with Toddler Behaviour Overview of Sessions

- Session 1: Parenting Styles & Getting Connected:
"I like being with you"
- Session 2: Know Your Child:
"Because I'm a toddler!"
- Session 3: Know Your Child:
"I am unique and so are you!"
- Session 4: An Ounce of Prevention:
"Plan ahead & catch me being good"
- Session 5: An Ounce of Prevention:
"Model good behaviour & give me choices"
- Session 6: Be Consistent & Solve Problems with PASTE:
"I whine because it works"
- Session 7: When all else fails... Responding to Challenging Behaviour:
"I need you to set limits calmly and give clear directions"
- Session 8: Stress and Summary:
"Parents need support"