



GENTLE PARENTING WEEKLY TIP

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"Once kids enter toddler years most parents struggle to keep their sanity." - Ain't this the harsh reality?

What does it mean to be a toddler and how does it differ from baby months?

"A **toddler** is a child 12 to 36 months old. The **toddler** years are a time of great cognitive, emotional and social development. The word is derived from "to toddle", which means to walk unsteadily, like a child of this **age**."

- "Time of great cognitive, emotional and social development".

It simply means the child is learning how to socialize and how to act as a human being, this been said, it is quite normal for a toddler to have meltdowns and expect for us - aka the parents, to know how to help redirect their emotions and help understand how to deal with them.

No parent wants to be the monster in their child's life. We don't yell and scream intentionally. We just lose ourselves in the moment and think there is no other way to control the situation than yelling and screaming.

So, 'how to stop being an angry mom?'

KNOW YOUR TRIGGERS

Take a moment to analyze the circumstances the last time you yelled or felt defeated by your child. Were you tired? Were you sleep deprived? Had a bad day? Or are you suffering from postpartum depression/anxiety?*

If you are feeling tired or sleep deprived – find the best option to have time out and a good rest. Every parent needs a time out from parenting. Its natural to get burned out if you are trying to do everything single-handedly.

*If you believe you're suffering with postpartum depression, feel free to read this [blog to shine some light to your life.](#)



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Get a FREE sheet chart with 11 tips to always have on hand and ease your days during these toddler years!

[FREE sheet list to become a calm parent](#)

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