



# THE TODDLER WORKBOOK

Engaging play ideas, printables & extra tidbits to  
support you in raising 2–3 year olds

angry



happy



tired



excited





sad



scared



# LANYARD VISUALS

*happy*



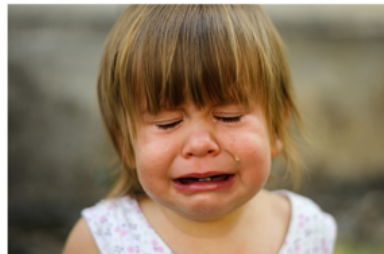
*excited*



*angry*



*sad*



*tired*



*scared*





# TODDLER BOUNDARIES

\*pop on your fridge for easy access\*

## ~ THIS OR THAT

We're not having chocolate right now, would you like a banana or a muesli bar?

## ~ FIRST & THEN

First we're going to have breakfast, and then we can watch Bluey.

## ~ THE REDIRECT

That's not safe/okay, but you CAN \_\_\_\_\_

## ~ ARE YOU GOING TO, OR SHALL I?

It's time to close the fridge now, are you going to do it or shall I?

## ~ THE TRY AGAIN LATER

(Once you've already given them an opportunity to try doing something in a safe/appropriate way)

'I can see you're finding it hard to be gentle with the cars, I'm going to pop them away & we can try to play gently with them again later. Let's... (redirect them into something else)



# TODDLER ACTIVITIES

Easy, engaging activities that will keep your toddler occupied for more than 30 seconds!



## WATER PLAY

Pretty self explanatory, but a tub of water is one of the most FUN sensory activities for a toddler, and with the right tools/add-ons, will keep them engaged for a short period of time.

I love to add cups, spoons, pom poms, leaves/flowers, bubbles, funnels, food colouring, jumbo droppers. You can also freeze some pom poms or small toys in cups of water or ice block trays the night before, and add these in! Set up outside so you're not worried about mess!



## PIPE CLEANER THREADING

Grab a packet of pipecleaners from your local \$2 store, and get your child to thread them into the holes of a colander! Super simple & fun.





# TODDLER ACTIVITIES



## DIY PLAY DOUGH

Follow my recipe below for a low mess cooked playdough. Playdough is a great way for toddlers to strengthen their hand and finger muscles, and when kept simple – can be super engaging!

My fave add-ons to a playdough table: plastic kid-safe scissors, cookie cutters, rolling pin, plastic knife, birthday candles & silicone patty pans. Keep them engaged by: rolling the playdough into long snakes for them to cut with plastic knife/scissors or hiding mini figurines in little balls of playdough and getting the child to 'find them'.

## RECIPE:

1 cup plain flour  
1/2 cup table salt  
2 tablespoons Cream of Tartar  
1 tablespoon oil  
1 cup water  
extras: a few drops of food colouring or essential oils

Add all ingredients to a pot, stir to combine. Over a medium heat, continue stirring the mixture until it begins to clump together to form a playdough ball (you should be able to touch it with your finger & not have any residue/stickiness). Scoop dough onto bench top & knead for 1-2 minutes, you can add a sprinkle of flour to the bench if need be. Allow to cool completely, store in a sealed container in the pantry between uses. Should last 7-14 days depending on amount of use!





# TODDLER ACTIVITIES



## PEGS ON PLATES

Super simple – grab a bunch of pegs off your clothes line, along with 2–3 paper or thin plastic plates. Your child can keep busy pegging them all the way round, pulling them off & doing it all over again! Another one that's great for their finger muscles, and super low mess (yay).

## TISSUE BOX POSTING

Save an empty tissue box, and use it as a post box for your little one to pull things in & out from. You can really use whatever you have around the house for this – Uno cards, rocks,, puzzle pieces, pencils, toy cars. Toddlers love being able to open/close and pull in/out – this will likely keep them engaged quite easily!!



# MAKE NAPPY CHANGES FUN!

When it comes to nappy changes, some children REALLY resist... whether they get emotional or get silly and run off – these are some tips to support you in creating more ease at nappy change time!

1. Let your child know 5 mins before nappy change time. Kids need time to wrap their head around things, and when it's thrust upon them last minute, they are more likely to resist it because they're busy in play or they feel like they have no control.
2. Clear boundaries: Listen to audio 2 for some epic techniques that can support you in this, but it is really important that we communicate and hold the boundary of 'it's time to change your nappy now' with some choices & options that can help entice our kids.  
'Would you like to climb up yourself or shall I lift you up?'  
'Would you like to get a nappy out yourself or shall I get it?'
3. Make it fun: Have a little basket of toys that your child can ONLY hold or play with at nappy change time. Simple things like sticky lizards, mini bubble blowers, squishy balls, push-button toys. This will help nappy change feel more fun and engaging for them, and like they have a purpose other than staring at the ceiling.
4. Make it a connected time: Use that time whilst you're changing, to have a good chat to your child – ask them questions about things they like, talk about something fun you've done that day. This can be a really special moment of connection vs. a chore for you both, and if your child feels that, they will be more likely to enjoy it!