Your Toddler's Behavior Decoded

Created by Sharon Mary @connectingparentandchild

Behavior is Communication.

You learnt this in ***The Ultimate Toddler Parenting Course***.

But "What is your toddler saying & meaning through his/her behavior?" – that can often be hard to decode. I want to make it easier for you, and that's why I've decoded a bunch of the most common toddler behaviors for you. And by 'decode' I mean, I uncover the underlying hidden need for you!

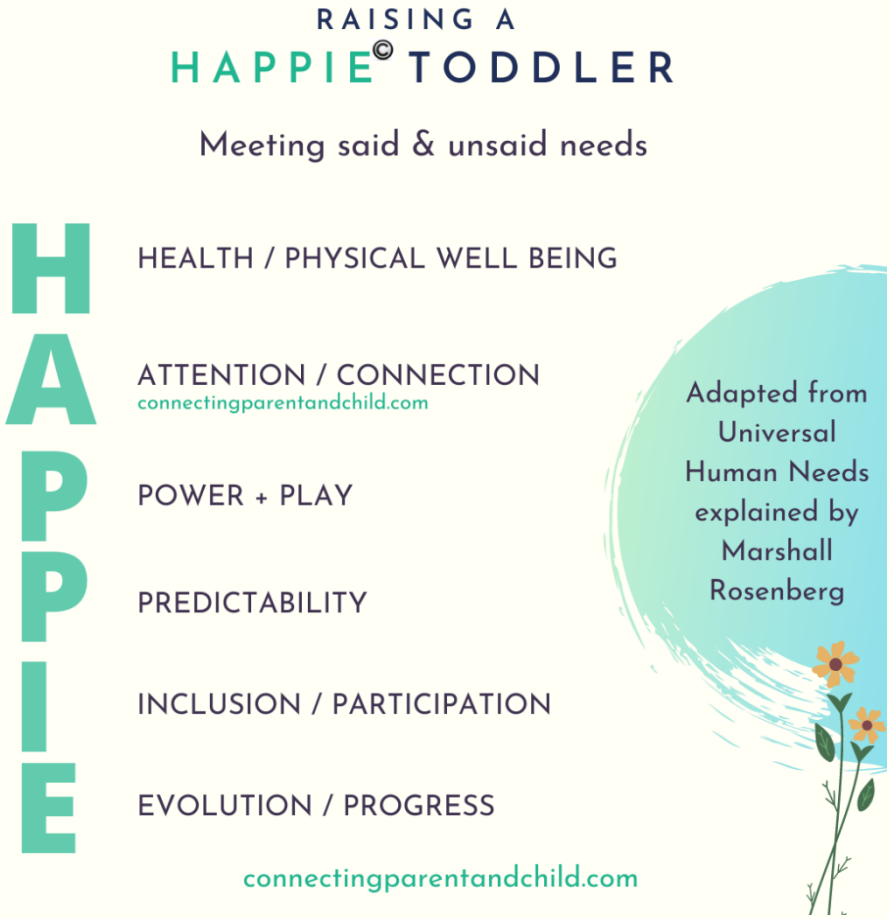
Because…

Beneath every ***behavior*** there is an ***emotion***.
And beneath every emotion there is ***need***.
And when we meet that need
rather than focus on the behavior,
we begin to deal with the cause,
not the symptom.





And in The Ultimate Toddler Parenting Course, you also learnt a quick acronym to remember the basic & crucial toddler needs - HAPPIE, remember?



Here below is where I make it super simple for you!

So, go ahead! And know your toddler better!

HAPPIE

Here's how the need of **Health / Physical Well-Being** manifests in your toddler's behavior.

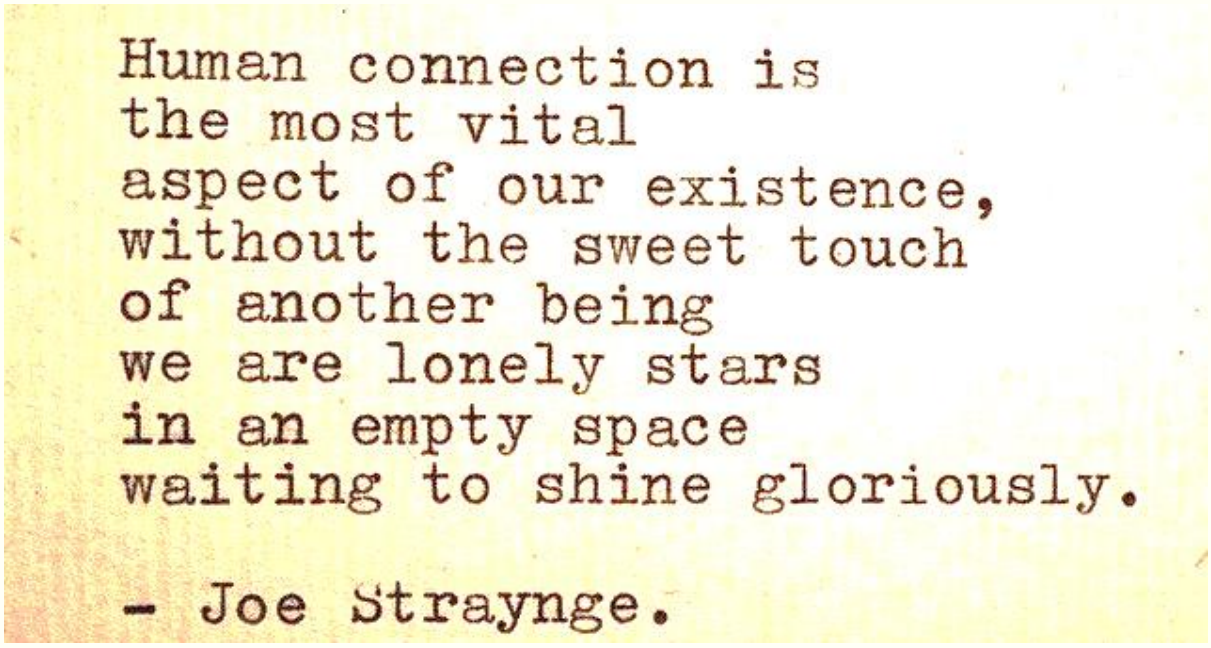
What you see	What your toddler is trying to communicate
Demanding a snack at odd hours	I'm hungry
Rubbing eyes, quietly slowing down, fussing, whining, acting out	I'm tired / sleepy
Lying around, zoning out, being fussy, not eating	I'm getting sick
Biting odd things, chewing fingers, crankiness, clinginess	I'm teething
Excessively jumpy & active just before bedtime	I'm over-tired / over-stimulated
Super-clingy, cranky, eating less / more than usual, sleeping less / more than usual	I'm going through a growth spurt!
Meltdowns or tantrums for completely irrational reasons, Asks for the green cup - then cries or denies when you give it	I'm not feeling right, May be I'm hungry, sleep, tired, or what I don't know. I need you to help me.

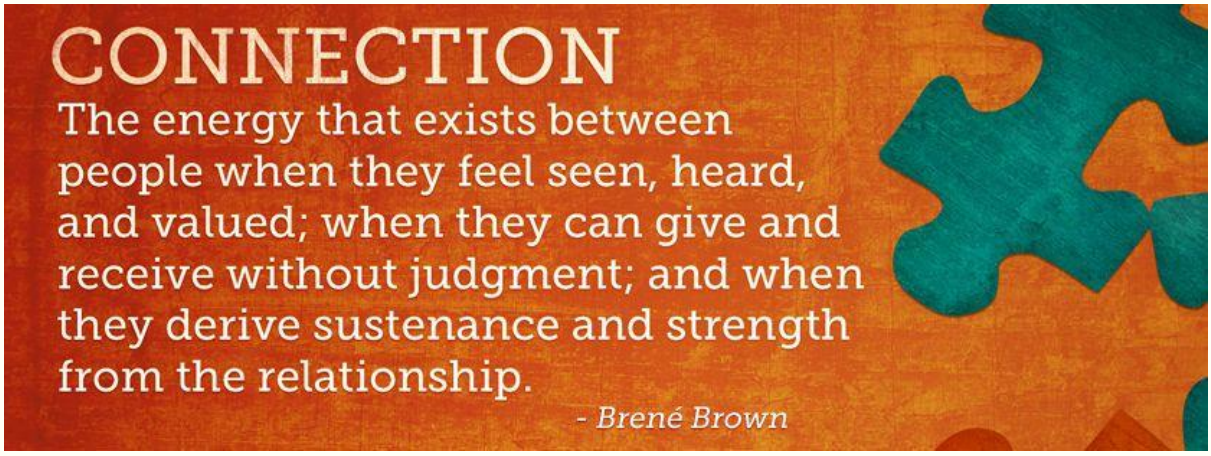
HAPPIE

Here's how the need of **Attention / Connection** manifests in your toddler's behavior.

What you see	What your toddler is trying to communicate
Can you play with me?	I need to feel connected with you
Holding on to you, being your shadow, snuggling, being silly with you, trying to help you, hugging, sitting on your lap	I love you, I need to feel connected with you
Repeatedly doing something that you've restricted like throwing food, drawing on the walls, jumping on the sofa	I need your attention
Making loud noises, screaming, trying to grab your phone / laptop, trying to stall your work	I need your attention
Constant Tantrums, Defiance, & Resistance for every single thing, Ignores your instructions on purpose, (seems "stubborn" to you)	I'm feeling disconnected, I can't behave well when I don't feel right.
I need your attention	I need your attention
Dumping out toys, fighting over toys, breaking toys, playing aggressively with toys	I want to go out, I need a break from toys, I want some adult attention & connection.
Showing off her creations – artwork, block tower, etc	I need your attention (eye-contact & genuine appreciation)
Interrupting your conversations	I need your attention

What you see	What your toddler is trying to communicate
When you say NO / deny what they want, they erupt into tantrums & meltdowns	I need your help in coping with my frustration.
Asking endless questions, talking endlessly	I'm excited. I want to share WITH you, be WITH you.
Shyness, hiding behind your back, cries when around unfamiliar people, stranger anxiety, separation anxiety	I'm scared. I need to feel SAFE, please stay with me.
With siblings – hitting, pushing, fights for toys	I want your attention, You're always with baby. I need to feel connected with you.





HAPPIE

Here's how the need of Power manifests in your toddler's behavior.

What you see	What your toddler is trying to communicate
I want, I don't want to, No!	I need a 'little' Power & Control
Refusing to come out of the bath, brushing & other routine chores	I need a 'little' Power & Control
Constant Tantrums, Defiance, resistance for every single thing that might look like stubbornness	I'm feeling restricted with too many commands & demands, I can't behave well when I don't feel right. I need a 'little' Power & Control.
Doesn't share	What is mine is mine, I don't understand sharing. I just want to play. Owning something helps me feel 'powerful'

Here's how the need of Play manifests in your toddler's behavior.

What you see	What your toddler is trying to communicate
Running in circles, Being super silly, hanging from things, wrestling, jumping on the sofa = I need to run, jump, and play outside	I've a lot of energy within me, I need to release it through play, preferably WITH you.
Tugging you to play, Snuggling, jumping on you	I need to play WITH you
Running away laughing & giggling when you call them for a bath / brush / routine chores	I need some play, routines are boring for me.
With new baby – touching baby, poking, holding hands, legs (usually not so gently)	I want to play, but I don't know how.
Grabs toys from others	I'm excited to know what having 'that' other toy feels like.

HAPPIE

Here's how the need of **Predictability** manifests in your toddler's behavior.

What you see	What your toddler is trying to communicate
Repeatedly asking for something you've said No to, Repeatedly doing what you've restricted	I'm testing the limits to see your response. I love doing that!
I want it NOW!	

HAPPIE

Here's how the need of **Inclusion / Participation** manifests in your toddler's behavior.

What you see	What your toddler is trying to communicate
Being your shadow, trying to play with things you're using, grabbing things from you, trying to open a package	I want to help you, I want to contribute
Trying to contribute to family conversations	I need to feel included
Expresses her ideas or opinions (which may sound silly to you)	I need to contribute & feel included, I want to be appreciated, I want to feel like a grown up.
When you say, "It's time for a bath" – s/he will suggest a different plan	I need to feel included in my daily plan & routines

HAPPIE

Here's how the need of **Evolution / Progress** manifests in your toddler's behavior.

What you see	What your toddler is trying to communicate
Wants to do everything him/herself	I need to feel independent
Tries hard to put on his clothes, shoes, socks him/herself	I need to master these tasks
Lifting the heavy box	I need to feel like a 'grown up' & do what they do
Tries to build a taller tower with blocks, pushes & stretches to do hard tasks or new tasks	I need to progress, learn new things, gain mastery.

Woah! That was eye-opening, wasn't it?

Here, you've uncovered the **WHY** beneath your toddler's behavior!

In The Ultimate Toddler Parenting Course, you'll learn **WHAT** to do about these behaviors? **HOW** can you manage them & How can you meet their hidden needs & also achieve your discipline goals with peace & confidence!

So, go right into your course!! I'm waiting there!

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Only For Parents Enrolled In The Ultimate Toddler Parenting Course