Foothills Pregnancy Resource Center

A State-Licensed Medical Clinic

"But above all … put on love, which is the bond of perfection. Let the peace of God rule in your hearts … and be thankful." Colossians 3:14-15



Greetings & Welcome Parents! ***Music & Reading - - engaging with our kids***



Growing our Kids through Tantrums & Stress

- Nurturing growth - seeds in 'rocky' ground
- Make note what may be triggering your child's negative behavior - Is it snack time? Do they need a break?
- Prepare kids if they have a hard time transitioning, i.e., set a timer & explain that you're leaving the park in 5 minutes.
- Ignore inappropriate behavior, find a distraction such as a new toy, remove your child from the situation with a reminder of how much you love him/her
- Offer just 2 reasonable choices: do you want to walk like a dinosaur (or animal of choice!) to the bathtub or shall I carry you?
- https://www.focusonthefamily.com/parenting/4-ways-to-calm-toddler-tantrums/
- https://www.childcareed.com/a/2-year-old-tantrums-what-s-normal-and-what-helps.html



Gratitude Diaries & Serving

- Be an outspoken example of gratitude 😀
- Teaching kids to think beyond themselves & their needs - - building traditions, memories.
- Keep track of what worked (and what didn't work!) for next year.
- Thanksgiving around the table - conversation starters (pg 2).
- Highlighting a few clever ideas: whiteboard thanks, appreciation balloons, blessing books, backpack donation, thankful jar - - and many more described in the following link: https://www.focusonthefamily.com/parenting/teaching-thankfulness/

Thanksgiving Table Questions

What unexpected moment or experience brought you joy this year?

Who makes you feel truly welcome?

What daily ritual brings you peace?

What/Who have you learned to appreciate more?

What do you treasure about the people at this table?

Which family recipe holds a special memory?

What place would you love to revisit?

Which new connection are you thankful for?

Normal Toddler Defiance vs. Red Flags

Understanding what is expected at this stage helps you separate typical boundary-testing from behaviors that need a pediatrician's input.

Behavior Area	Typical 2-Year-Old Behavior "Small Tantrums"	When to Consult a Pediatrician (if it starts getting serious)
Emotional Expression	Going limp ("noodle body"), silent pouting, refusing to look at you, or deliberately dropping items to test your reaction.	Complete emotional withdrawal, lack of eye contact even when calm, or extreme distress over minor sensory changes.
Duration & Frequency	Outbursts or standoffs last a few minutes up to 15 minutes and happen a few times a day, often around fatigue or hunger.	Meltdowns last longer than 15–30 minutes regularly, or occur 10 or more times per day.
Physical Safety	Occasional pushing, throwing a single toy, or stomping feet when told "no".	Frequent self-injury (head-banging, biting themselves) or severe aggression that causes bruises or broken skin.
Recovery	Moves on and returns to normal play once the feeling passes or the transition is over.	Remains inconsolable for hours or cannot be calmed even with comfort or redirection.