

# Training Supervisor Guide: Understanding Toddler Behaviors

## Overview

This course builds on the lessons staff learned in the “Understanding Baby Behaviors” online course. This course is based on the research and work of Dr. Jane Heinig and her team at University of California, Davis working with the Arizona WIC program. The online course will take approximately 90 minutes to complete. Starting in January 2019, this is a required online course for all Oregon WIC CPAs.

- This course is currently on iLearn as OHA-PHD- Online: WIC Understanding Toddler Behaviors
- As of January 2019 the posttest is a pdf and is listed on the Oregon Health Authority Training Module webpage. The answer key is on page 2 of this document.

## What you’ll learn in this online course:

- How to respond to clients
- Support caregivers to find solutions for toddler feeding challenges
- Reduce client resistance
- Learn a lot about toddler behavior
- Help participants understand their children

## Course Overview:

Module 1: Getting Started

Module 2: Caregiver thoughts and beliefs

Module 3: Six Big Developmental Changes

Module 4: Helping Caregivers Cope with Challenging Toddler Behavior

Module 5: Crying and Sleeping Challenges and Solutions

Module 6: Summary

Module 7: Practice

1. Which one of the following toddler developmental changes is not included in the Big 6?
  - a. Grow more slowly
  - b. Practice using fingers
  - c. Use scripts to predict
  - d. **Pointing at food to indicate that they are hungry**
  - e. Practice motor skills
  
2. Travis gives his 9-month-old son a juice box and crackers when they are out at dinner because his son refuses to eat at the restaurant. Which of the following best describes the belief driving Travis' decision?
  - a. **The child must eat**
  - b. Toddlers should behave like older children
  - c. Food is an expression of love
  - d. All of the above
  
3. True or false: Bed time routines have not been shown to improve toddlers sleep.
  - a. True
  - b. **False**
  
4. Grace believes that she is showing her son affection by giving him ice-cream whenever he wants. Which of the following best describes the belief driving Grace's decision?
  - a. Must get their children to eat
  - b. Infants and toddlers should behave like older children
  - c. **Food is love**
  
5. When discussing weaning from the bottle, Lauren shares she is worried that if her son does not get a bottle of milk before bed, he will have a temper tantrum and not go to sleep. What advice would you give her?
  - a. **Set a routine like giving a bath and reading a book**
  - b. Put him in his room and let him cry it out
  - c. Let him stay up until he falls asleep on the couch
  - d. Continue to give him a bottle of milk since milk is good for him anyway

6. Logan, age 3, cries every time he comes into your office. His caregiver is calm and cheerful. According to this module what of the Big 6 could be causing this reaction? Select all that apply
- His growth has slowed down, and he is embarrassed that he isn't taller
  - He is trying to learn how to use his fingers and build motor skills.
  - He's getting better at remembering things and remembers his past experiences with something in your office**
  - He's using a script to predict what's going to happen**
  - He's looking to his caregiver for whether the environment is safe and is worried that he isn't safe based on her reaction.
7. Why might toddlers refuse food?
- Their growth has slowed down
  - They want to feed themselves
  - The routine has changed
  - All of the above**
8. Susie gets upset and won't eat when her dad is not at the table for dinner. Which of the Big 6 changes is likely causing Susie to be upset?
- She relies on adults to learn
  - She uses "scripts" to predict things**
  - She must practice their motor skills
  - Her growth has slowed down
9. Just like infants, older babies are calmed by familiar patterns and routines.
- True**
  - False
10. Natasha is at the grocery store and her toddler, Liam, starts to grab a non-WIC cereal box with cartoon characters on it. She takes it away from him and he starts to cry loudly. Natasha is embarrassed and gives him a piece of her WIC bread in her cart so that Liam will be quiet and content. What are some possible reasons Liam might be grabbing at items? Select all that apply
- He's interested in cartoon characters, not food;**
  - Liam wants mom to name item**
  - Liam wants to practice his motor skills**
  - He wants to test Natasha and see if he can get his way

11. Thinking about Natasha and Liam in the grocery store, when Liam starts to point at or grab at items what are some possible productive solutions to prevent Liam from crying or having a temper tantrum? Select all options that will be better for Liam to learn in the long term:
- Redirect and talk about cartoon or item while moving away from cereal**
  - Stick to usual routine at grocery store**
  - Let Liam walk in the store and use his motor skills. He can “help” with shopping**
  - Never take Liam grocery shopping
  - Natasha can smack Liam’s hand to prevent that behavior from happening in the future
  - Let him have the cereal.
12. True or False. Just like feeding, having a routine can improve sleep.
- True**
  - False
13. According to the module, what are recommended routines before bedtime? Select all that apply.
- Play
  - Bath**
  - Bottle or food
  - Read or sing**
  - Going to bed awake**
14. True or False: Bedtime environments like extra lighting or background TV noise don’t matter since toddlers will be asleep anyway.
- True
  - False**
15. Amanda shares her frustrations regarding 19-month-old son, Tyler, and what she describes as his picky eating and her frustration with his food refusals. She asks if WIC can provide PediaSure for her son. Your response (select all that applies):
- No, PediaSure is not allowed as his growth is fine.
  - Yes, if she can get it with a medical documentation form from his doctor.
  - Explore the reasons why Tyler might be refusing foods.**
  - Acknowledge her frustration and inquire about the specific behaviors Tyler is demonstrating**

16. True or False: Sneaking powdered milk into the milk the toddler drinks is a helpful way to develop healthy eating habits.
- True
  - False**
17. Which of the following have the potential to backfire when trying to get a toddler to eat?
- Serve only the foods you know the toddler will eat.
  - Trade foods for chocolate milk, which you know the toddler will drink.
  - Sweeten foods with extra sugar.
  - Cover foods with sauce to disguise the food.
  - All of the above.**
18. True or False: The statement “He is doing it to make me mad, it is a battle I need to win” indicates the caregiver believes the toddler is acting like an older child.
- True**
  - False
19. True or False: Using food to control behaviors might appear to be effective in the short term. However, it could have long-term consequences.
- True**
  - False
20. True or False: Scripts and routines are two tools caregivers can use to navigate challenging toddler behaviors.
- True**
  - False
21. True or False: A caregiver’s thoughts and beliefs, a child’s actions, and feeding practices all influence toddler feeding. When discussing toddler feeding with a caregiver, it is best to focus on the feeding practices first.
- True
  - False**
22. A toddler who is selective eater, makes a big mess with their food, or gets up and walks away during mealtime is usually trying to be manipulative with their behavior.
- True
  - False**

23. Which of the following would you *not* expect as typical behavior from a toddler?
- Waking up frequently during the night
  - Being able to control some of their emotions**
  - Reacting strongly when routines around mealtime or bath time suddenly change
  - Getting distracted during meal time
24. During a WIC appointment with a mother of an 18-month old son and 4 and 7-year old daughters, mom shares with you that at their last visit to Grandma's house her 18-month old son jumped up from the table during lunch and started tearing around the house making loud whoop-whoop sounds. Mom coaxed her son back to the table by telling him he could have his favorite treat later if he came back and finished his lunch. He did come back but then ended up spilling all over Grandma's table. Grandma said "You need to get this boy quieted down and under control. In my day kids didn't act like that. And no wonder he is so much skinnier than his sisters since he hardly eats a thing." How would you best help mom process what happened at Grandma's?
- Reassure her that her son is at a normal weight and growing well.
  - Give her some strategies for helping her son to learn to use his "inside-voice" and stay sitting in his seat until the end of a meal.
  - Ask about how his two sisters behaved during the visit and if they could role model good behavior for him.
  - Acknowledge mom's feelings and help her find small, realistic ways to better handle typical toddler behaviors.**
25. In the scenario above, which of the following caregiver beliefs or practices are present?
- The child must eat
  - Food is an expression of love
  - Toddlers should behave like older children
  - Using food to control behavior
  - A, C, and D**
  - All the above