

# Level 2 Toddler Behaviors

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## The Basics

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Level 2	All CPA's must complete
Type	Online – Workday Learning Oregon
Completion time	1.5 hours
Complete	Within 6 months of hire
Certifiers Guide	<a href="#">Lesson 4-16</a>
Posttest	Online – Workday Learning Oregon
Completion	<a href="#">Form</a>



## Course Objectives

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The **Toddler Behavior** online course focuses on helping staff understand toddler developmental behaviors and how they can respond to participants and support caregivers in finding solutions to toddler feeding challenges.

Modules in this course include Caregiver Thoughts and Beliefs, Six Big Developmental Changes, Helping Caregivers Cope with Challenging Toddler Behavior, Crying and Sleep Challenges and Solutions, and a practice scenario.

Upon completion learners will be able to:

- Recognize caregiver beliefs and thoughts that motivate how they feed their infants.
- Tailor messages to caregivers to offer realistic options and solutions to feeding and eating challenges.
- Describe 6 big developmental changes toddlers experience including, growing more slowly, practice using fingers, better at remembering, using scripts to predict, asking for help to learn and practicing motor skills.
- Help caregivers cope with challenging behaviors by using participant centered education skills.
- Describe potential positive behavioral solutions to crying and sleep challenges.

## Learning activities

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Within this online course there are several activities and knowledge checks. Prompts and answers are listed below.



**Knowledge check 1:** Caregiver beliefs - Learners will sort statements into the options of common caregiver beliefs including, “The Child Must Eat”, “Toddler Behaves Like Older Child” and “Food Is Love”.

Statement	Answer
She won't eat the fruit, but at least she's eating crackers and bread.	The child must eat
He always wants to get up and play instead of sitting at the table to eat.	Toddler behaves like older child
She tries to trick me into giving her treats.	Toddler behaves like older child
You can't tell his grandma not to give him cookies. That's how she shows she loves him.	Food is love
When she's upset a little chocolate comforts her and calms her down.	Food is love.
As long as she's eating something, I feel like I've done my job.	The child must eat.

**Knowledge check 2:** Big changes 1 - Which of the big 6 is causing Jessie to whine and cry in this situation? Answer: Need to practice motor skills.

**Knowledge check 3:** Big changes 2 - Which of the big 6 changes might be important here? Answer: “Ask” for help learning.

**Knowledge check 4:** Big changes 3 - Which of the big 6 changes is most likely causing Tyler to refuse food? Answer: Need to practice using fingers.

**Knowledge check 5:** Big changes 4 - Why do you think Tomas is getting upset at store? Answer: Better at remembering

**Knowledge check 6:** Big changes 5 - Why do you think Diego is eating less than his mom expects? Answer: Growing more slowly.

**Knowledge check 7:** Big changes 6 - Why do you think Jack won't eat vegetables but will eat French bread? Answer: Need to practice using fingers and Better at remembering.

**Knowledge check 8:** Car routine - Answer: All answers are correct.

**Knowledge check 9:** Build a routine - Possible answers: Take off coat in bathroom and wash hands, put coats and lunch bags away, feed the cat, put Ty in the highchair with toys.

**Knowledge check 10:** Feeding to calm - Answer: How long has she been walking?

**Knowledge check 11:** Feeding to calm 2 - Answer: All answers are correct.

**Knowledge check 12:** Bedtime routine part 1 - Why won't Freddy go to sleep? Answer: Freddy is overstimulated at bedtime.

**Knowledge check 13:** Bedtime routine part 2 - Help Freddy's mom by creating a new bedtime routine. Answer: Fill in bath, book and bed pattern suggestions.

**Knowledge check 14:** What is the most likely reason Dylan is waking? Answer: Dylan's new room is unfamiliar and may have stimulating lights or sounds.

## Resources

- [6 Big Changes Handout](#) and [Why won't my baby eat?](#) Note: This was developed by Arizona and UC Cal-Davis and Oregon WIC has a tailored version available on Shopify.

## Posttest Questions and Answers

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Posttest automatically scored online.

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: Bedtime routines have 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
  - a. His growth has slowed down, and he is embarrassed that he isn't taller.
  - b. He is trying to learn how to use his fingers and build motor skills.
  - c. **He's getting better at remembering things and remembers his past experiences with something in your office.**
  - d. **He's using a script to predict what's going to happen.**
  - e. 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 his mom to name item.**
  - Liam wants to practice his motor skills.**
  - He is manipulating and 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 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

- f. Let him have the cereal.
12. True or False. Caregivers may not realize that they are using food to control behavior.
- a. **True**
  - b. False
13. A recommended routine in this course is bath, book, \_\_\_\_\_.
- a. **Bed**
  - b. Dancing
  - c. Snacking
14. True or False: Bedtime environments that have extra lighting or background TV noise don't matter since toddlers will be asleep anyway.
- a. True
  - b. **False**
15. Amanda shares her frustrations regarding her 19-month-old son, Tyler. She describes as his picky eating and her frustration with his food refusals. She asks if WIC can provide PediaSure for her son. Select two good response options:
- a. No, PediaSure is not allowed as his growth is fine.
  - b. **Explore the reasons why Tyler might be refusing foods.**
  - c. **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.
- a. True
  - b. **False**
17. Which of the following have the potential to backfire when trying to get a toddler to eat?
- a. Serve only the foods you know the toddler will eat.
  - b. Trade foods for chocolate milk, which you know the toddler will drink.
  - c. Sweeten foods with extra sugar.
  - d. Cover foods with sauce to disguise the food.
  - e. **All of the above.**

18. True or False: The statement “He is doing it to make me mad. This is a battle I need to win.” This 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 negative 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. Toddlers who make a big mess with their food or get up and walk away during mealtime are usually trying to manipulate their caregivers.
- True
  - False**
23. Which of the following are typical toddler behaviors?
- Waking up frequently during the night**
  - Being able to control their emotions at all times
  - Reacting strongly when routines around mealtime or bath time suddenly change**
  - Getting distracted during mealtime**

24. At a WIC appointment Eva shares that she is frustrated and feels judged during mealtimes with her energetic 18-month old son Jamal. Grandma thinks Jamal needs to be better controlled and needs to eat more. Grandma expects Jamal to sit calmly at meals and not leave the table until he finishes his plate. Grandma tells Eva to use dessert as a reward for keeping Jamal at the table until he cleans his plate.

Which response supports Eva's efforts to understand toddler behavior?

- a. Don't get involved with eating behaviors. Reassure her that her son is at a normal weight and growing well.
- b. Provide Eva a list of consequences if he misbehaves or upsets Grandma.
- c. Provide a referral for behavior management classes.
- d. **Acknowledge mom's feelings and help her find small, realistic ways to address typical toddler behaviors.**

25. At a WIC appointment Eva shares that she is frustrated and feels judged during mealtimes with her energetic 18-month old son Jamal. Grandma thinks Jamal needs to be better controlled and needs to eat more. Grandma expects Jamal to sit calmly at meals and not leave the table until he finishes his plate. Grandma tells Eva to use dessert as a reward for keeping Jamal at the table until he cleans his plate.

Which of the following beliefs or practices are present? Select all that apply

- a. **The child must eat**
- b. Food is an expression of love
- c. **Toddlers should behave like older children**
- d. **Using food to control behavior**