

Tip for Tots – Coping with fears

by Kyle D. Pruett M.D.

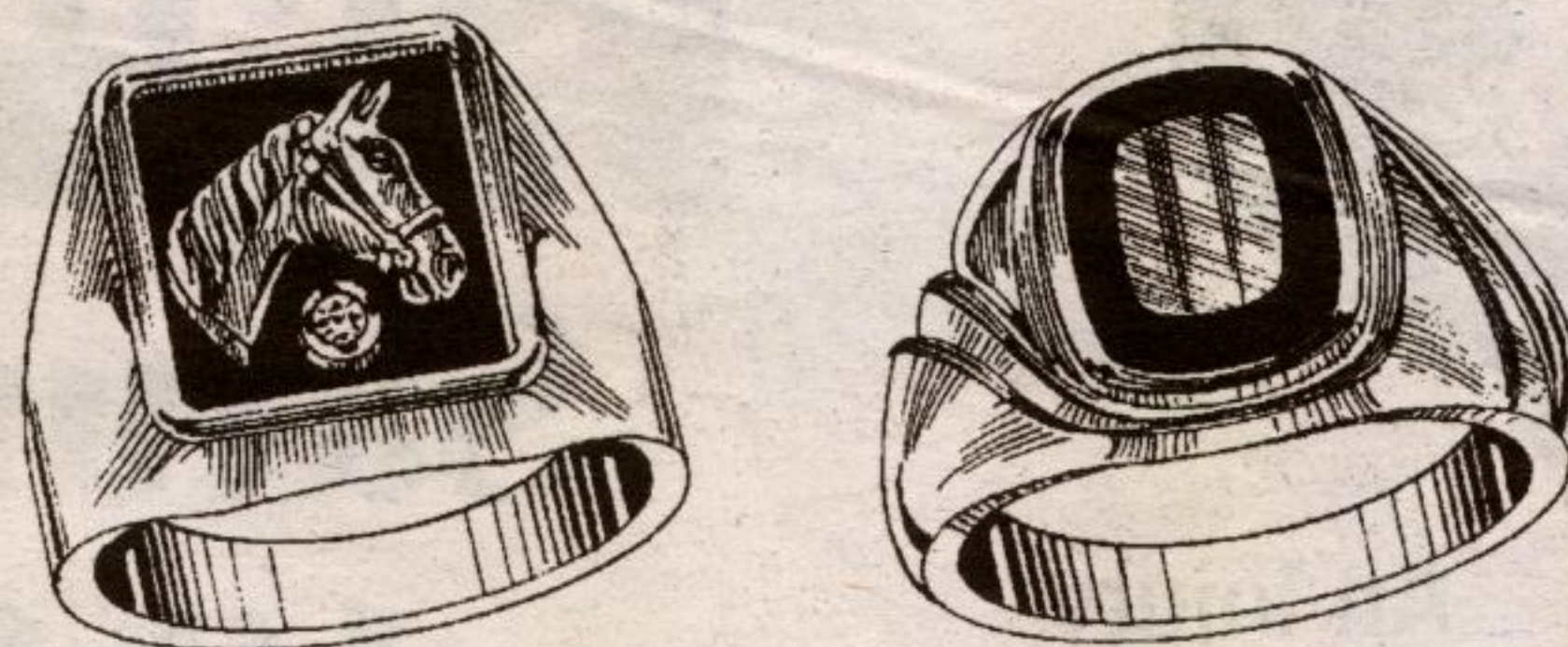
Kyle D. Pruett M.D. in "Me Myself and I – How Children Build their Sense of Self" (Goddard Parenting Guides – Goddard Press) outlines the following suggestions as to how parents can help toddlers with very common fears. (P.61)

• In general, any activity that allows the child the opportunity to be the actor or perpetrator of a solution instead of a victim is a good, coping enhancer.

- Toddlers who fear the dark can carry the flashlight, or turn on the switch while being held in their parent's arms.
- Toddlers who fear separations can cope better when given the chance to be the leaver rather than the "left behind". A spouse or older sibling can take a hand and suggest something really cool to do and leave the parent for a change, giving the child a sense of mastery over painful partings.
- The toddler who is afraid of "go down drain" in kitchen or bathtub, can play on a stool beside the adult at the sink and experiment with little and big things going down the drain, the point being to show them in a secure, playful setting they are way too big to fit.



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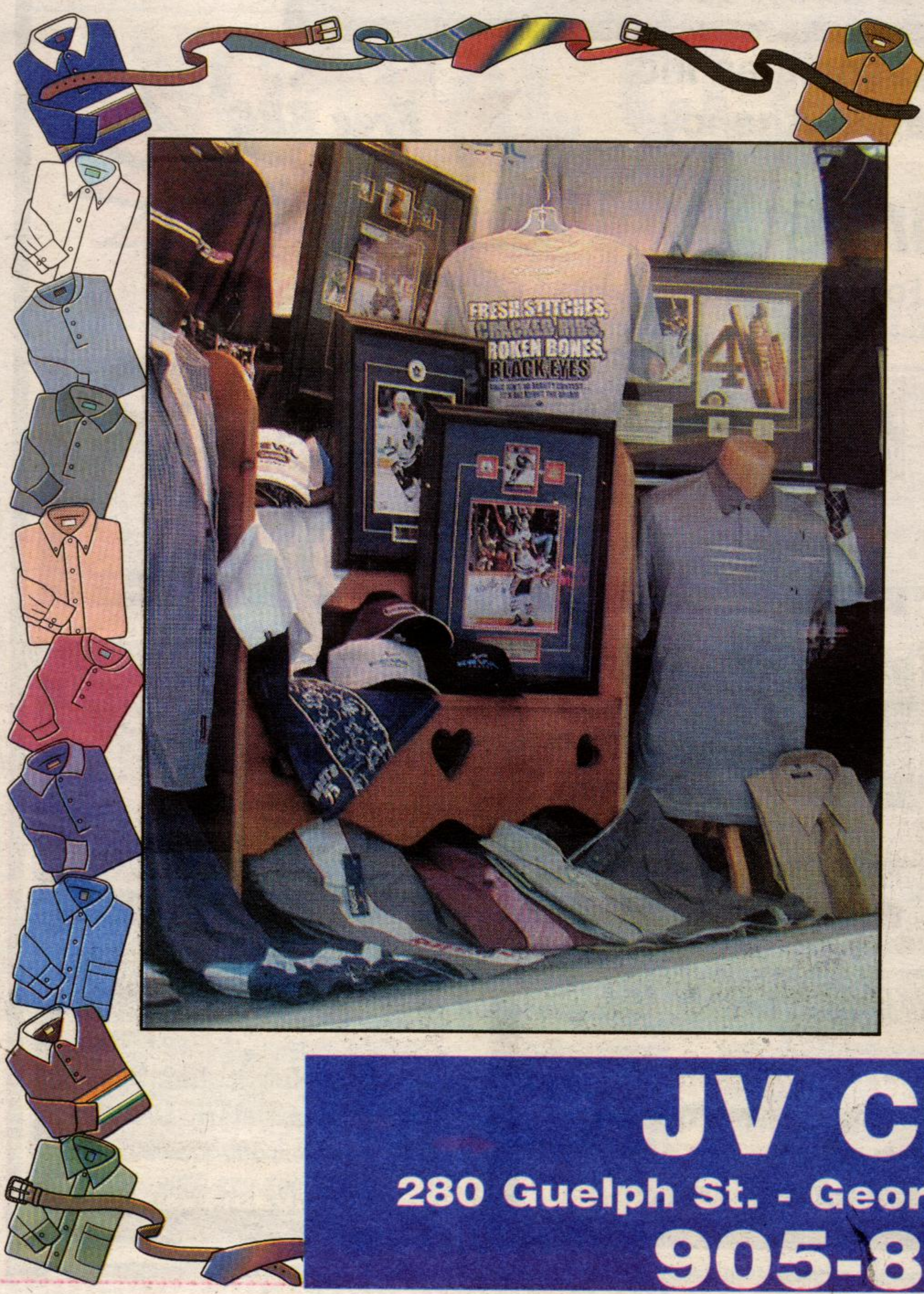
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