

“THE WORLD OF NO!”

V4 5.26.13

VIDEO	AUDIO
TODDLERS & THE WORLD OF “NO!”	
Boy says repeatedly “no, no, no”	
	Herman Take 1 33:17 I think ‘no’ is one of his favorite words. He tends to use no a lot with his mother.
Home video, dad tries to get son to shower – “no!”	
	Jasmine Take 1, 12:22:20 She's asserting herself and saying no to us and kind of setting her own boundaries.
Father and daughter at sink: “No, I don’t want to!”	
Does your TODDLER often use the word ‘NO’?	GUSTAVO, Take 1,:48 I think that at this time they are at a stage in which they want everything, they want everything,
	Jeff & Caroline Take 4 3:38 Yeah, he’s known the word no for quite some time!
Matsu says no at table, and with costume	
	Jasmine take 1, 12:24:00 Sometimes it gets really hard because she wants to be asserting herself and saying no right at the moment where we really need her to cooperate.
	STEVE TAKE 4, 12:27 You could hear it on TV, you can hear it from friends, family, that you know, oh, the terrible two's come. Oh. And it's kind of like, come on. It can't be that bad!
	Caroline Take 4, 8:37 It’s definitely choosing your battles. Yeah.

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<p>Why do TODDLERS love to use the word NO?</p> <p>The EXPERTS have some ANSWERS</p>	
	<p>DR. Gonzales – Take 1 14:15:07 Developmentally it's a time of huge changes where the child is learning new skills and language at a really amazing rate, pretty much learning new skills and new words every day. And it's also a time where the child is trying to individuate themselves from their parents.</p>
	<p>Dr. Aceves Take 3, 51:35 At this exploratory age, children are going to try and discover limits. The limits of their motor activities, their physical abilities, but also what the social limits are that have been placed on them by the parents.</p>
	<p>Dr. Horen Take 7 15:29:55 So part of what happens in terms of development and the reason often times that kids, you start to hear that “No” or “I don't want to” or “No go” or things like that is for the first time in their lives this developmental stage is about actually being able to do things themselves and not sort of being completely dependent.</p>
	<p>Dr G. Take 1 14:20:13 Sometimes parents get frustrated because they think that the child is willfully ignoring them or not considering what they need. But the toddlers don't think that way. They're just focused on whatever it is that they're looking at or whatever it is they're doing.</p>
	<p>Dr. H. Take 7 32:40 They're not trying to make us upset. They're trying to express themselves, and helping them develop that skill in a positive way is a really important piece as a parent that we can do.</p>

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How do you feel when you TODDLER says NO?	
	<p>Gaby TAKE 4 15:11:10 Now we're calm, but like in the moment it really is, like it is frustrating. It really is. Like he's brought me to tears several times.</p>
	<p>ROXANA: Take 2 (end) 14:24 When I am alone with the children, really, the three of them, sometimes I say, "Wow, I can't do this". Then I step aside and I count to 10.</p>
	<p>JACKIE Take 1, 18:29:3 I think when I get mad at him and raise my voice, he gets more frustrated. He just blocks me out. And he'll look around and just ignore me.</p>
How can both get beyond the NO?	
	<p>CAROLINE take 4, 5:12 Jeff uses a lot of humor, which I love. I love to see that. Whereas I use more curiosity.</p> <p>Caroline Take 2 3:29 If he doesn't want to do something I'm asking him to do, I say, well, why? I want to know what's working in his mind. That really helps his independence and his ability to feel empowered. And I think that that just creates a person who will learn how to think for themselves too.</p>
	<p>MAYA, Take 1, 24:45 One part is vocabulary, really they don't have any other way to express themselves except yes and no.</p>
Maya and daughter	What is in your purse?
	<p>Dr. Horen If I'm 18 months and I only have a relatively small vocabulary, an easy word to use is "no". If a child is 2 ½-3 years old, the language is</p>

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	more vast and you have a little bit more space in which to have a discussion.
	Jeff Take 4, 7:12 Every month or so he gets smarter, so he's always getting smarter and smarter. So now our negotiations get richer and richer.
	STEVE, TAKE 2, 51:26 That's what, the whole trial and error. I mean, what you think worked today, you might say "Oh, this is easy. I'll do the same thing tomorrow." And it's like, really? Did that just happen? But I mean, that's in itself like a teaching process, even for us because it's not only are we trying to teach him patience, we're also trying to teach ourselves.
What are some other TECHNIQUES that can help you both?	
	DR. G TAKE 3 14:27:30ish – It's important to give them choices. It has to be a real choice. You don't want to give them a choice if there's really no option because that just increases their frustration. But if it's snowing out and they need to wear their hat, you can say "Do you want to wear the pink hat or the blue hat?" And so a lot of times what we want to do is give choices and options, not necessarily ask them yes or no questions, like "Do you want to wear your hat?"
	Dr. A Take 3 56:40 If they want to do something that they shouldn't do, we can intervene and say "why don't you play with this?" That re-direction is a very useful way to distract them at this age from any activity that as parents we consider is not beneficial to them or has some type of risk or danger.
	Dr. G Take 3 14:29:30 What I believe is in connection before

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	<p>direction. So if you're going to give a direction and you want them to do something, it's really important to make a connection with the child first. So make eye contact, get down on their level. Make sure that you're both paying attention to each other.</p>
	<p>Dr. H. Take 6, 25:10 As a parent the most important thing you can do is be consistent and responsive.</p>
	<p>Jeff Take 3 1:26 While it's sometimes challenging because I was raised in a certain paradigm where, oh, do this because I told you so – that never worked for me as a kid so I figure my kid is a smart kid, it's probably not going to work that great for him either.</p> <p>Me always playing the power card or always being the boss, that just allow for him to figure out who he is and to figure out his way to do things, which might be different than what I do.</p>
	<p>GUSTAVO, Take 1, 4:48 One can't be aggressive with a child because they are children and if they say “no”, one talks to them with respect and love and they will understand.</p>
<p>And sometimes YOU have to say NO</p>	
	<p>Jeff Sometimes we work with him, and sometimes we can't work with him.</p> <p>Sometimes I'll say, no, you can't say no around this one.</p>
	<p>Jasmine And I try to say no when it's actually going to</p>

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	<p>be useful, when she really needs a limit.</p> <p>She'll just scream and no, I don't want to. And I'm like yeah, I know it's hard to go to bed sometimes, but we're going to keep moving towards bedtime.</p> <p>And we can keep being gentle at the same time as holding to the limit.</p>
It's not easy being the parent of a TODDLER	
	<p>Dr. Horen You know part of this is understanding that it IS hard. It's easy to talk about in the abstract, the harder part is to sort of match what you're doing to what you really ultimately want to have happen.</p>
	<p>Jeff And it's constant work. You always have to be on top of it.</p>
	<p>Gustavo It is a bit difficult, because everyone, I reach that moment when I get tired and they are saying "no".</p>
	<p>MAYA, TAKE 1, 26:57 You have to turn around and breathe and well, always be conscious that very moment, that every interaction with them they are absorbing it.</p>
	<p>Steve So you know as long as we're together and working, and helping out each other, because that's the whole key. And communication. Communication is big. Especially when they turn two.</p>
Is there a POSITIVE side to your TODDLER saying NO?	
	<p>Jeff He's trying to be autonomous to some extent so he wants to figure out his own way to do</p>

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	<p>things. So if I can propose options, then it gets him thinking. And it’s not about a one way, you know, it’s not my way or the highway type attitude. But it’s just working with him.</p>
	<p>JASMINE, Take 5, 12:53:26 When she says no and you know, I really feel like that's part of her learning about who she is and what she wants and she feels affirmed in her development and her wonderful self that's evolving.</p>
	<p>GUSTAVO, Take 1 3:42 And it is very wonderful when you see your children smile, when you give them love and they smile and that is the most wonderful feeling as a parent when they are very happy.</p>
	<p>MAYA It is seeing that human being in that little one. I believe that is the most wonderful thing. To see her learning every day, developing her personality. Really, you are starting to get to know that person.</p>
	<p>END</p>

