



What Can I Do When My Toddler is Overexcited?

(Adapted from Healthy Steps)

Toddlers and preschoolers normally have loads of energy- don't you wish you had as much? But daily life doesn't always give chances for the child to use the energy they have. This can make children restless, constantly into things, or cranky.

Channel that energy in a positive way by encouraging some of the activities listed below, but remember to closely supervise your child at all times! Involving even young children in your chores can teach them as well as use up their energy. Kids love to feel grown up and helpful.

Don't expect chores to be done to your satisfaction, though. Remember they are just learning! Make it fun, sing a song while you do it, or turn it into a race. Here are some other ways to burn off excess energy:

- Punch a punching bag or a pillow
- Knead or pound play dough
- Stir batter when you cook
- Drum on a kitchen pot
- Throw clothes in the washer or dryer
- Scrub the bathroom floor
- Throw toys into the toy box
- Toss a beanbag in a safe place
- Dance to all kinds of music
- Play "Simple Simon" or the "Hokey Pokey"
- Use a pounding bench with a wooden hammer
- Tumble safely on a mat or thick carpet
- Jump up and down on something safe
- Splash in the tub or the sink
- Jump, climb, run
- Swing, slide, climb on the jungle gym
- Kick or throw a ball
- Help put out the trash
- Pedal a tricycle, pull a wagon
- Help water the plants
- Splash in a small pool

- Pick up sticks
- Clean up dog droppings
- Pick up litter while on a walk
- Rake leaves, then jump in them

Relaxation Activities: Try these ways to relax with your child:

- Put on soft music or talk softly
- Turn down the lights
- Quietly tell a story or read a book
- Give him a warm bath
- Paint with brushes or fingers
- Rock, cuddle, and sing quiet songs
- Rub lotion on her arms and legs