



Tiny Tornado: Life with an 18-Month-Old Toddler

Your toddler has big feelings, but does not have the words to express what they are experiencing. One minute they're laughing, the next they are melting down. It can be confusing, but it's part of learning how feelings and actions go together. With your help, they'll start to understand their emotions - and others' too.



What does Identifying & Understanding Feelings mean?

Helping your child name and share their feelings has many benefits, including better communication skills and peer relationships. So whether it's tears or laughter, talk to your child about their feelings and share your own, too.

Focus Your Attention on Letting Your Little One Do Things for Themselves

Why It Matters

By 18 months, toddlers start to notice feelings like happy, mad, or tired - but they don't know the words yet. Talking about emotions during everyday moments helps them learn language for what they're feeling, why they might be feeling that way, and what to do next.

Everyday Moments

What It Looks Like

Your toddler yells and their face is red. You say, "You look mad. Was that frustrating?" Later, reading a book, you point to a crying character. "She looks sad - what do you think happened?" Your child frowns and touches the page. They are starting to understand feelings.

What You Can Do - A Checklist for You!

- ☐ Use simple words like "happy," "sad," and "mad" in daily life
- ☐ Talk about your own feelings: "I'm tired, so I'm sitting down to rest"
- ☐ Connect feelings to your child's actions: "You're rubbing your eyes - are you sleepy?"
- ☐ Point out feelings in books or people around you: "He's smiling - he looks happy!"
- ☐ Show feelings with faces and body movements - have fun acting them out
- ☐ Ask simple questions: "How do you think she feels?"

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Balancing
Emotions



Diversity
Awareness
and Respect