

Normal Behaviors Checklist

Printing Instructions

I'm so happy you grabbed the behavior checklists, momma! Sometimes it's really hard to know if what your child is doing is normal for his/her age - or not. Hopefully this helps!

It is best to print them out on letter-sized paper. Keep in mind that different printers may make the colors look different. You can print on any paper, but a 28 lb gives your pages a more luxurious feel.

If you have any questions at all, email me at shannon@makingmommamas.com. I'm happy to help!



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Normal Behavior

18 MONTHS



does the opposite of what you ask

does not follow direction

likes to say "No!"

cannot wait

has no control over emotions

cannot share

has an unlimited supply of energy

cannot reason

Discipline Techniques to Try

18 MONTHS

This age is more about behavioral management: prevention and distraction.

★ distraction

★ use one-word directives

★ removal from the situation

★ help to calm down
(snuggle, sing, rub back)

★ Go on the offensive:

➡ make sure (s)he is well-rested, fed, &
not over-stimulated

➡ spend time bonding

➡ create structure & routine

Normal Behavior

2 YEARS



- will hit, bite, kick, when experiencing emotions
- is starting to follow some directions
- likes to say "No!"
- can wait for a few short minutes
- has little control over emotions
- cannot share, but can give substitute item
- wants to please you
- has very limited reasoning skills

Discipline Techniques to Try

This age is more about behavioral management: prevention, distraction, and teaching are KEY.

★ distraction

★ use one-word directives

★ removal from the situation

★ help to calm down
(start teaching the words for emotions)

★ Go on the offensive:

→ make sure (s)he is well-rested, fed, & not over-stimulated

→ spend time bonding

→ create structure & routine

→ continue to teach words, so that (s)he can start to communicate desires

Normal Behavior

3 Years



- can follow directions
- likes to be part of a team
- can share
- likes to experience new things
- is gaining control of emotions
- can be insecure, shy, or easily embarrassed
- will start testing the rules and limits
- can be reasoned with

Discipline Techniques to Try

This is the age when real teaching and guidance can begin.

- ★ distraction
(draw attention elsewhere)
- ★ substitution
(give a more appropriate option)
- ★ time-out
(set the time for 3 minutes)
- ★ redirect behavior
(help to accomplish objective the right way)
- ★ reasoning
(explain the rule and why we have it)
- ★ diffuse the situation
(calm things down)
- ★ Go on the offensive:
 - ➡ continue to bond
 - ➡ create structure and routine
 - ➡ teach the right words and behavior

Normal Behavior

4 Years



- can follow directions, but sometimes slips
- asks tons of questions
- will test the rules, limits & boundaries
- may struggle to fall asleep at night
- uses words but still hits when upset
- may tell lies
- has trouble knowing what's real & what's pretend
- may develop fears & insecurities

Discipline Techniques to Try

This age is EXHAUSTING!! Teach & reason A LOT at this age - your child wants to know WHY.

- ★ follow through with threats & promises
- ★ substitution
(give a more appropriate option)
- ★ time out
(set the timer for four minutes)
- ★ re-direct the behavior
(help him to accomplish his objective the right way)
- ★ reasoning
- ★ diffuse the situation
(calm things down)
- ★ go on the offensive:
 - ➔ spend lots of time together
 - ➔ create traditions
 - ➔ teach the right words & behavior
 - ➔ model appropriate behavior