

Quick Tips for Surviving Toddlerhood (Barely)

Because sometimes you just need the CliffsNotes version of parenting a tiny tornado.

Daycare & Sickness

- Expect germs. All the germs.
- Have backup plans for missed workdays.
- Don't panic-Google every sniffle (but we all do it anyway).

Sleep

- There's no universal method. Do what works for your family.
- Blackout curtains and white noise can be game changers.
- 3am tantrums are temporary (allegedly).

Feeding Your Toddler

- Offer a variety — even if it ends up on the floor.
- Frozen nuggets are a parenting staple, not a failure.
- One day they love it, the next it's poison — keep calm.

Screen Time Sanity (aka Ms. Rachel)

- Use screen time when you need a break. Seriously.
- No shame in 20 peaceful minutes — take the win.
- Ms. Rachel is doing the Lord's work. Let her help.

Mom Guilt & Self-Care

- You're allowed to love your kid and want space.
- Closet cry sessions are totally valid.
- Take time for you — your sanity matters too.

Parenting Advice I Actually Use

- Set clear expectations — toddlers thrive on routine.
- Give time warnings before transitions ('5 minutes then clean up!').
- They can't meet expectations they don't know exist — just like students.

Bonus Tip: One shoe is better than no shoes. Trust me.

— Sophie Mansur-Gupte