

## *With babies*

- never shake or toss a baby, even playfully. A baby's neck is weak and shaking can result in brain damage or death
- respond to your baby's crying. Babies cry to communicate their needs, such as for food, comfort or a clean diaper
- develop a daily routine around feeding, sleeping and play to help your baby feel safe and secure
- encourage your baby to trust you. Show your love and affection. Cuddle, talk and sing to your baby
- babies are too young to understand limits and rules

## *With one and two year olds*

### **Remind**

- young children have short memories. Gently remind them about the rules to help them learn

### **Distract**

- give your child a toy or another activity

### **Gentle touch and tantrums**

- if your child begins to lose control, move close and put your arm around the child. (This is also a good way to deal with hitting, biting, or kicking)
- if necessary, gently hold your child with just enough force to keep the child from getting hurt
- if holding makes the child more angry, then let go, remain calm and wait until your child calms down. This may be hard to do but it often works
- tantrums are frightening for children

## *What to do if your child misbehaves*

### *With three and four year olds*

#### **Redirect**

- if your child is frustrated and unable to solve a problem, try a different activity
- for example, take a child outside for some physical activity

#### **Consequences**

- let children experience the consequences of their actions if it is safe to do so. For example, "if you cannot play with the blocks without throwing them, the blocks will be put away." Then follow through and put the blocks away if the child continues to throw them
- if your child is doing something that is unsafe, you can explain the consequences later, but remove your child from danger immediately

#### **Time out**

Time out is when a parent removes a child from a situation for refusing to follow the rules. It can be effective with children between the ages of 2 and 12.

- take your child to a safe, quiet place where the child can calm down and regain control
- briefly explain that you are having a time out because of the child's misbehaviour. Do not argue or discuss at this point
- when the child feels ready to try again (or when five minutes have passed), bring the child back to play
- praise the child's first acceptable behaviour after time out

*Be ready to comfort your child when the anger turns to tears*

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