

# RAISING CHILDREN



**How to Be a Better Parent**

# INFANTS



**Comfort baby if she wakes up.**

**Infant Tip** ▶ Little babies can't be spoiled.  
Show babies you love them.

**Crying** ▶ Crying is baby's way of talking. Some cries mean, "I'm hungry!" Other cries may mean, "I'm wet and yucky!" A shrieking cry may mean pain. Learn your baby's cry. Listen to what the cry is trying to tell you. An everyday cry is much better than a distressed cry.

**Sleep** ▶ Babies usually don't sleep all night. Feeding babies later will help their tummies stay full longer. This may help your infant sleep better. Comfort your baby if he wakes up.

**Food** ▶ Feed babies when they ask for it. When babies are hungry, they will let you know. Feeding time is a great time to bond with your baby. Always hold babies when you feed them. Never prop the bottle.

# TIPS

- ▶ Leave babies ONLY with someone you trust.
- ▶ Playing with babies helps develop their muscles and senses, and it makes them feel loved and happy.
- ▶ Be patient. Try to be consistent.
- ▶ Stay calm. Do not lose your temper.

# TODDLER



**If you get mad, the child  
may get more upset. Stay calm.**

**Toddler Tip** ▶ Toddlers are discovering their independence.

**Tantrums** ▶ Tantrums happen often. Ignore small outbursts. When toddlers pitch a BIG fit, take them somewhere safe and away from you. Take “time out.” If you get mad, the child will get more upset. Stay calm!

**Toilet Training** ▶ Most children are ready between ages 2-3, but some may not be ready until a little later. Children will let you know they are ready with clues (can pull pants up and down, can sleep all night without wetting). Teach the child the right names for using the potty. Accidents always happen; do not scold toddlers for them.

**Discipline** ▶ Do not tell him he is bad for doing something. *Example:* Say, “Please give Mommy the knife. I don’t want you to get cut,” not “Give me that knife. Bad boys play with knives.” Ignore small things that annoy you, such as asking you the same question many times. Stop harmful acts that may affect your child’s safety.

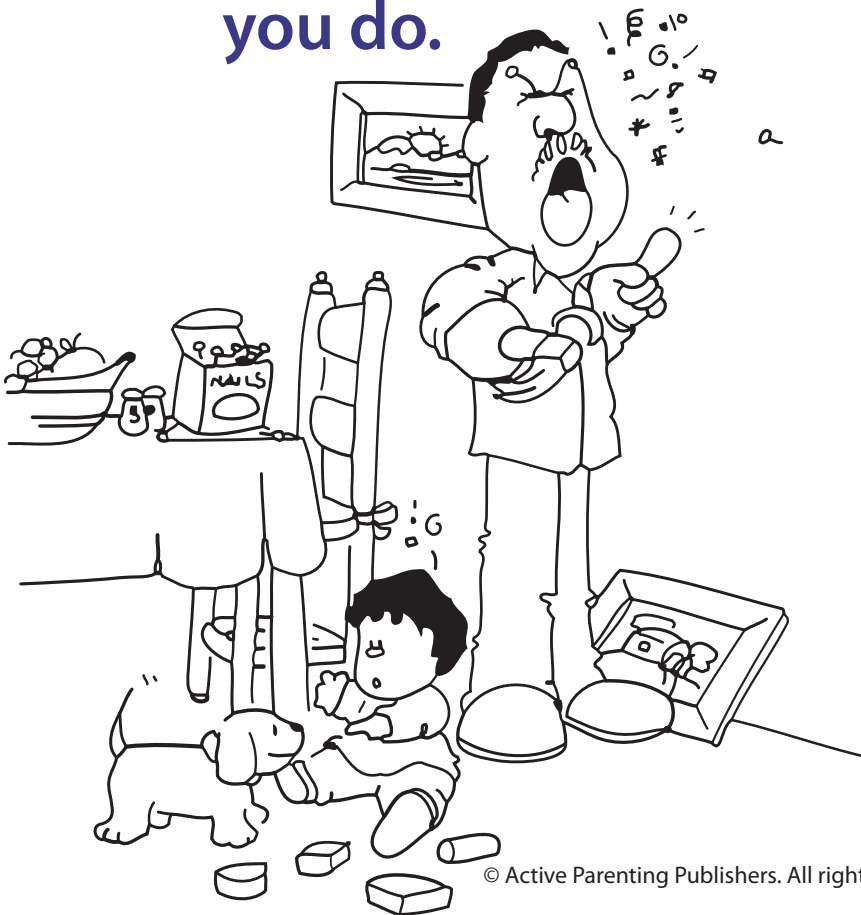
# TIPS

- ▶ Listen to your child. Read to your child. Remember, children learn from watching you, and they do what you do.
- ▶ Praise often. Tell your child what she is doing is right.

# PRESCHOOLER

**Preschooler Tip** ▶ Your child will be in school soon. Help her get ready. Take her to the library and spend time reading at home. There will be many questions from your child. Children learn by asking. They learn fast. Listen, be patient, and give positive answers. As she learns to show her feelings, help her name them with words like “happy,” “sad,” “angry” or “scared.” Teach her OK ways to show her emotions. Do not allow hitting or biting.

**He is watching and learning from you. He will do what you do.**



## TIPS

- ▶ Be understanding when your child makes mistakes.
- ▶ Follow through with what you tell them, even when you are tired. If you don't, they will think you do not mean what you say.

**Discipline** ► Be careful with the kinds of TV programs children watch. Violent programs affect children. Choose programs that show positive values. When you do watch TV, watch it together and talk about what your child sees.

When your child does something wrong, tell him why it was wrong. Suggest a better way. Time-outs are good! The child should sit in a safe place, away from others. He should sit about one minute for each year of age. Discuss with your child the choice he made and why it was not the best choice. This is a good time for you and your child to agree to what will happen if he does the same thing again.

**A child learns  
by asking.  
Listen and give  
positive answers.**

► Children's fears are real to them. Help your child know what is real and what is not. If fears don't go away, something else could be going on. Seek help from your family doctor.



# SCHOOL AGE



Be interested in what your child shows you.



## School-Age Tip

▶ Show support and love. Try not to criticize. Help your child with his work. Prepare a quiet place for him to study. Be interested in what he shows you.

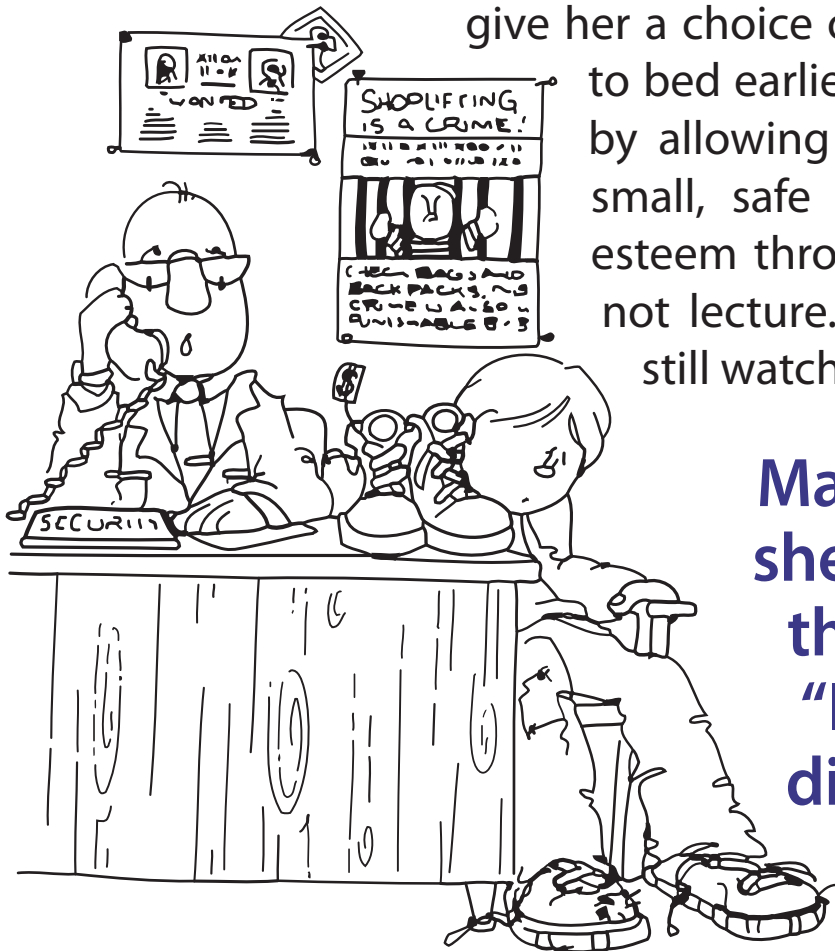
Fears and worries are common. Help your child know what is real or not real. Do not shame him for his fears. Fears are very real to children.

Praise success. Also praise everyday good behavior and choices.

Be a referee in children's fights. Allow them to try to talk it out first. You may have to separate them for a while. Suggest how to fix it.

## Discipline

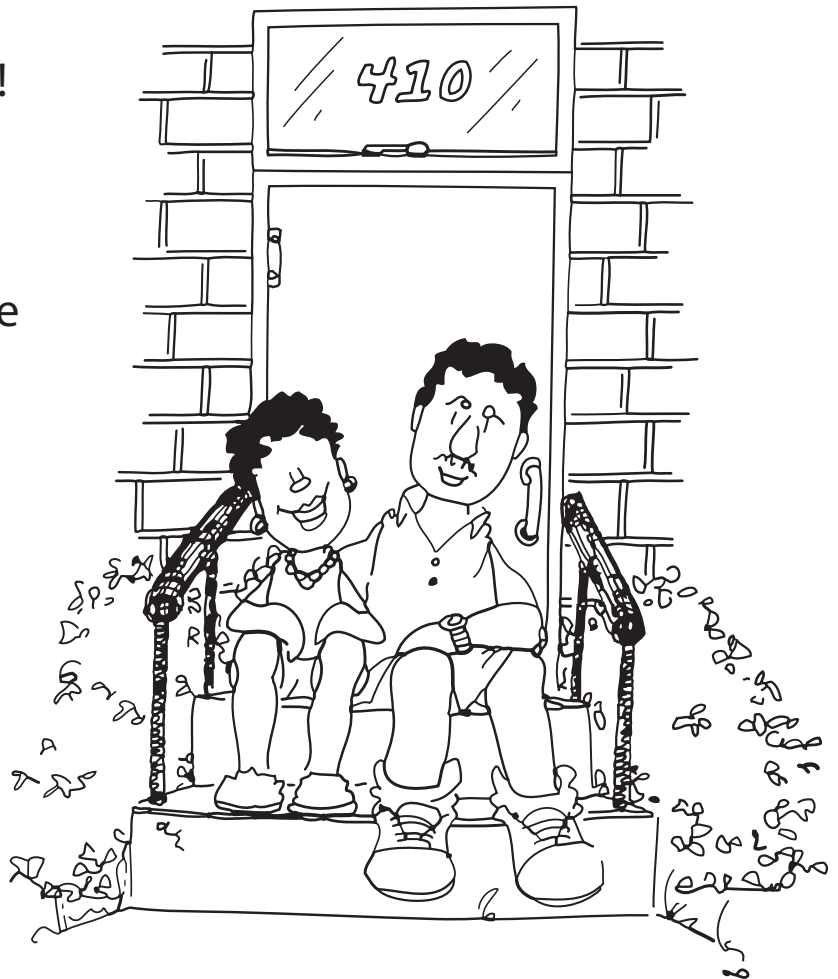
▶ Always discipline with love. Make it clear that what she did was wrong, but she is OK. Let her help you decide what to do next. *Example:* If your child does not get up on time in the morning, give her a choice of getting up on time or going to bed earlier. Help her make good choices by allowing her to learn through making small, safe mistakes. Children build self-esteem through making good choices. Do not lecture. Set an example. Your child is still watching and learning from you.



**Make it clear that what she did was wrong, but that you still love her. "I don't like what you did, but I still love you."**

# PARENTS

- ▶ Taking care of yourself helps you take better care of your children.
- ▶ Do not be afraid to talk to other adults.
- ▶ When you feel yourself becoming very mad or upset, give yourself a time-out.
- ▶ Don't sweat the small stuff!
- ▶ You don't have to do something just because your parents did it. Take the best and leave the rest.
- ▶ Show respect for yourself and your children.



**When you feel yourself getting mad,  
give yourself a time-out.**

# 99 ways to say...



You're on the right track now!  
You're doing a good job. You did a lot  
of work today. Now you've  
figured it out. That's RIGHT!  
Now you have the hang of it. That's  
the way! You're really going to town!  
You're doing fine. Now you have it! Nice  
going. That's coming along nicely. That's  
great! You did it that time! GREAT!  
FANTASTIC! TERRIFIC! TREMENDOUS!

You outdid yourself  
today. How did you  
do that? That's  
better. EXCELLENT!

I'm very proud of how hard you try.  
Good job! That's the best you've ever  
done. Good going! Keep it up! That's really  
nice. WOW! I appreciate your help. Much  
better! Good for you! That's much better!  
Good thinking! Exactly right! SUPER! Nice  
going. You make it look easy. I've never  
seen anyone do it better. You're  
doing much better today. Way  
to go! Not bad. Superb!  
You're getting better every day.

WONDERFUL! I knew you could do it.  
Keep working on it; you're getting better.  
You're doing beautifully. You're really  
working hard today. That's the way to do it!  
Keep on trying! You're the best! Nothing  
can stop you now! You've got it made.  
You're very good at that. You certainly did

# LOVE

# YOU

well today. I'm very proud of you. You're  
learning fast. You've just about got it.  
That's good. I'm happy to see you working  
like that. I'm proud of the way you worked  
today. That's the right way to do it. You're  
really learning a lot. That's better than ever.  
That's quite an improvement. That kind of  
work makes me very happy. MARVELOUS!  
That deserves a high five. PERFECT!  
AWESOME! FINE! You've got your brain in

gear today. That's IT! You  
figured it out fast! You  
remembered! You're really  
improving. I think you've

got it now. Well look at you go! You've got  
that down pat. Good work! Outstanding!  
I like that. Couldn't have done it better  
myself. Now that's what I call a fine job.  
You did that very well. Congratulations!  
That was first class work. RIGHT ON!  
SENSATIONAL! That's the best ever.

Good remembering.  
You haven't missed a  
thing. It's a pleasure to  
teach you when you  
work like that. You really make my job  
fun. Congratulations...you got (number  
of behaviors) right! You've just about  
mastered that! One more time and you'll  
have it. You must have been practicing!  
**What's it all add up to? "I LOVE YOU"...**  
**it's the thought behind all the words.**

# Resources

- ▶ **Active Parenting Publishers**  
1220 Kennestone Circle, Suite 130  
Marietta, GA 30066  
[www.activeparenting.com](http://www.activeparenting.com)  
Toll-free: 800.825.0060
- ▶ **Georgia Council on Child Abuse**  
1375 Peachtree St. NE, Suite 200  
Atlanta, GA 30309  
Toll-free: 800.532.3208
- ▶ **Mental Health America of Georgia**  
100 Edgewood Ave., Suite 502  
Atlanta, GA 30303  
Toll-free: 800.933.9896
- ▶ **Children's Healthcare of Atlanta**  
1405 Clifton Rd.  
Atlanta, GA 30322  
[www.choa.org](http://www.choa.org)  
404.785.6000

