# anguage

Your child's first swear word is usually the result of direct mimicry.

## TIP: Try not to react.

If it's you she's heard admit that you should not have said the word and distract her with a song or a story. In any case, the first time she swears resist the urge to laugh out loud: this will encourage her to do it again.

**TIP: Set guidelines** and be consistent. If your child

continues to repeat a serious profanity, don't get angry. In a disinterested voice, say, "That's not a word you may use in this house or around other people." If he persists, stay calm but respond with a swift consequence such as a time-out.

#### TIP: Set an example.

language, and remember that your child is a spongehe soaks up what he hears and is eager to share what he learns.

He's probably only doing it because it's there, and may not even realize what he's doing. If he has allergies, he may sense there is something inside his nose that's hard to leave alone.

Nose

picking

TIP: Try a humidifier Your heating or air term memory is not conditioning may be developed, and this drying out the house. means that he wants

to say things right TIP: Avoid punishing. now, before he forgets. Punishing won't help. Therefore, the concept of interrupting makes Since he may not no sense to him. And. know he's doing it. gentle reminders whatever directs your when you notice attention away from him it are better. example) is by nature

Your 2-year-old

thing in

including

you, exists

or his henefit

Also his short-

(a phone call, for

threatening.

thinks the

world and

### TIP: Keep his hands busy.

While watching TV or in the car, give him a rubber ball to squeeze or finger puppets to play with.

#### Masturbation is a lot like nosenicking Children do it because it's there. For toddlers it's not sexual and is a

completely normal thing to do TIP: React

carefully

that what she's

doing is dirty or

naughty, she may

shame and guilt.

grow up associating

sexual feelings with

Be careful with your own

# If you tell your child

her glass from the table. Respond by saying,

Don't over-react. By blowing up, you are

attention whenever he wants by performing an

act that embarrasses or angers you. Remember

to be patient while he is learning what does

and does not please you.

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"Thank you so much for helping me."

showing your child that he can get your

# **ACTION ITEMS**

**Tips for teaching manners** 

**Set an example.** Children are always Read your child books. Stories that offer watching what their parents and other adults lessons on how to have good manners are do. Model good manners and your child will excellent teaching tools. Examples: start to pick them up. For example: You are Just Sav Please cleaning up the kitchen and your child brings

Gina and Mercer Mayer The Berenstain Bears Forget Their Manners

Stan and Ian Berenstain

Elmo's Good Manners Game (Sesame Street) Catherine Samuel, et al

The best strategy is

to limit the situations

conversations, and to

divert his attention

whenever he does.

**TIP: Schedule calls** 

Try to make and

return calls or plan

conversations when

your child is napping.

You might also redirect her

with special toys and art

to an imaginary friend.

attention by keeping a drawer

materials that are used only

during these times. Try giving

**TIP: Choose the right location** 

Minimize your frustration by

going to a quieter room for your

conversation or by making plans

to meet friends in places, such

as a park with a sandbox, where

your child can play and you can

Children copy what they see and

hear, so take advantage of this.

conversation, end that habit. And

do not interrupt your child while

she is talking to you, (if you do,

vou. Go on.")

REMEMBER

stop and say, "Sorry, I interrupted

Show her how to be polite to others.

Basic social graces don't

overnight.

If you and your partner tend to cut each other off in

**TIP: Set a good example** 

chat.

him a toy phone so he can talk

in which your child

can interrupt your

Mind Your Manners Peggy Parish and Marylin Hafner At one time or another

your child with play with his food, throw his cup and silverware on the floor and refuse to eat what you serve him. Here are some ideas for teaching table manners:

## TIP: Don't create a mealtime battleground

Be clear and consistent, but avoid arguing over what he's doing. If he starts to build forts with his potatoes, remove his plate saving that you can see he's finished eating. Remind him that food is for eating, not playing.

TIP: Set an example. When you sit down for a meal, concentrate on and enjoy your food, and assume he will too. If he doesn't remember that he won't what you starve. Active two-yearmake.

# Sitting Toddlers have a limit to

how long they can sit still. It's unrealistic to think

# Playing with food Saying thank you

into her daily routine is asking too much. Saying please and thank you is still a new skill for your child and one that will take time to learn. TIP: Set the example. Thank her when she does things for you, and say please when asking for assistance. Your child is listening to your words when you least expect it. TIP: Provide praise. Rather than scolding her for a lack of

manners, pour on the praise olds will eat when they when she gets it right. TIP: Don't are hungry. They need an over-react. Try not to make a endless supply to fuel fuss when she forgets. Blowing their growing bodies and up about it could cause her to resist your efforts

to teach her

considerate

behavior.

TIP: Eat what you are serving. Operate on the

assumption that everyone is eating what's on the menu, and your child will soon learn to eat

minds



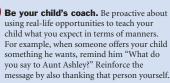
# The best way to encourage a toddler to behave nicely is to model good manners.

Starting early with please and thank you and offering praise for your child's good manners when he demonstrates them will go a lot further than punishment for his failures.

outside if she gets antsy

**Give praise.** When your child exhibits good manners, let her know that you are glad she did by saying, "I am so happy that you let your sister play with your toys.'

Be patient and consistent. Remember that very young children aren't yet capable of controlling much of their behavior. But, they do watch and listen to you very closely. Don't get discouraged when your child continues to throw her sippy cup on the floor or grabs toys from other children. Keep reinforcing positive manner behaviors and, over time, you'll see that the lessons you've taught your child have actually been applied.



Use your child's favorite characters to help make the point. Children love to be like the characters and people they love most. If your child is in a Barney stage, for example, ask her "What would Barney say if he wanted me to get him a glass of water?" Reinforce good manners by reminding her, "I'm happy to get you what you want when you say please."

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# born**learning**

along a bag of books,

that a young child will remain in her seat for an entire church service or while you are at a meeting, for example. TIP: Keep her busy. Bring

cravons and paper. let her work quietly while you listen to the service or meeting.

TIP: Have an escape plan. Sit near the end of a row so that you are away from the center of activity. Be prepared to take her