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Building Strong Families: Helping Kids Behave, Flipchart

MSU Extension

Doris Brickman, Pam Boyce, Beverly Schroeder, Inge Bommarito, Extension Home

Economics

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95 pages

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# Building Strong Families!

## PARENTING YOUNG CHILDREN



## Helping Kids Behave *Flipchart*



Developed and produced by  
Extension Home Economics  
Cooperative Extension Service  
Michigan State University

# Behind the Scenes...

## Building Strong Families: Parenting Young Children "Helping Kids Behave"

*developed by:*

Extension Home Economics, Michigan State University, Cooperative Extension Service

**Assistant Director for Extension,  
Home Economics Programs:**

Doris Brickman, Ph.D.

**Project Coordinator:**

Pam Boyce, M.A.

**Extension Specialist,  
Human Development**

Beverly Schroeder, Ph.D.

**Program Assistant:**

Inge Bommarito, M.A.

**Graphics:**

Denny Preston  
Preston Cartoon and Design  
Lansing, Michigan

**Special appreciation to:**

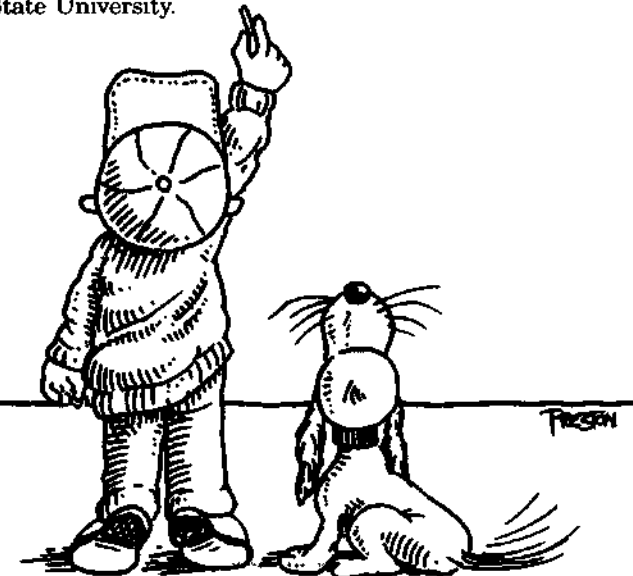
Michigan State University  
Outreach Communications

Building Strong Families  
Advisory Committee

*For More Information on  
Building Strong Families  
Parenting Young Children  
Contact:*

Building Strong Families:  
Michigan State University  
103 Human Ecology  
East Lansing, Michigan 48824  
Telephone: 517-355-6586  
Fax: 517-353-6343

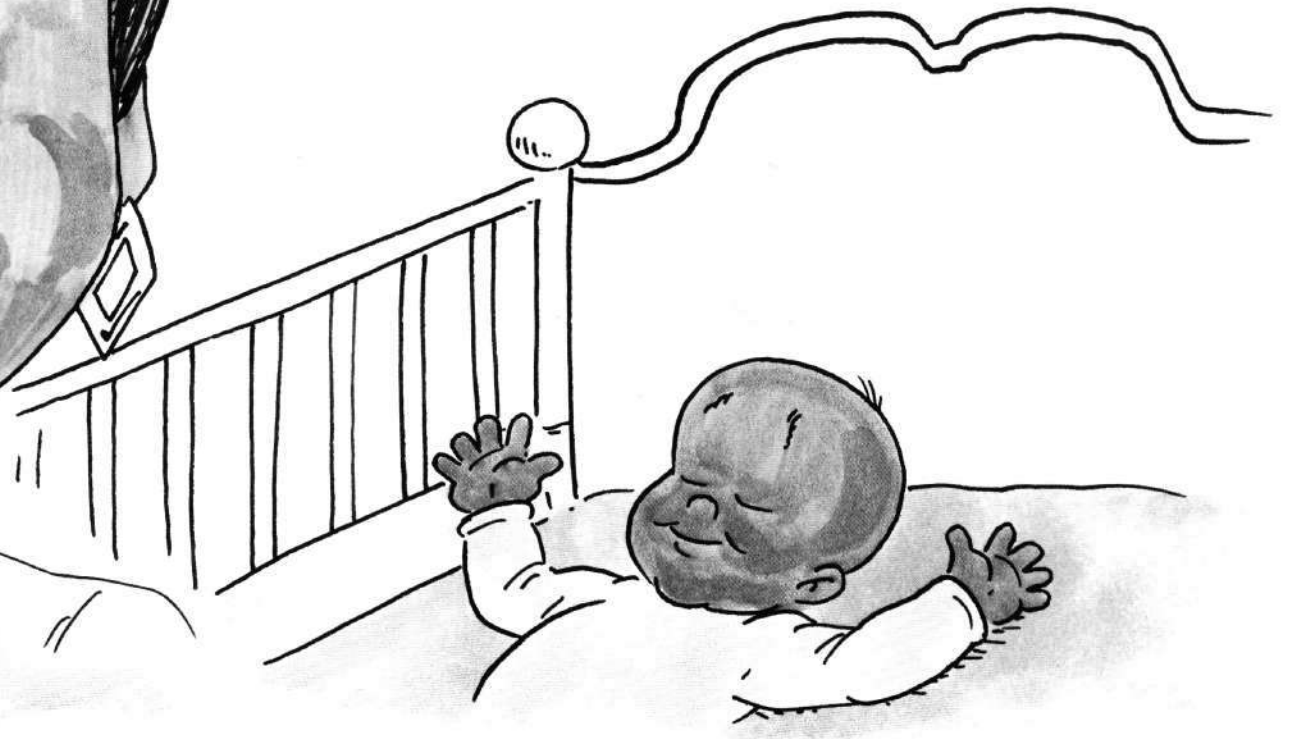
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# **Newborn to 6 Months**



**How can you help  
a very young  
baby behave?**





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## *Newborn to 6 Months*

### **Behaving**

- ♥ The best way to get a baby to behave is to show her you love her.
  - Your baby needs to be held and cuddled often, even when she is crying.
  - Talk to her. When you change her diaper and give her a bath, talk to her.
  - Let her watch you while you work.
  - Hold her when you give her a bottle.
- ♥ When a baby feels love, she feels the world is a great place to be.
- ♥ Holding and talking to your baby stimulates her brain and senses.
- ♥ Parenting has many rewards. Your baby's smile is one of them.



## *Newborn to 6 Months*

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**Why do  
babies cry?**



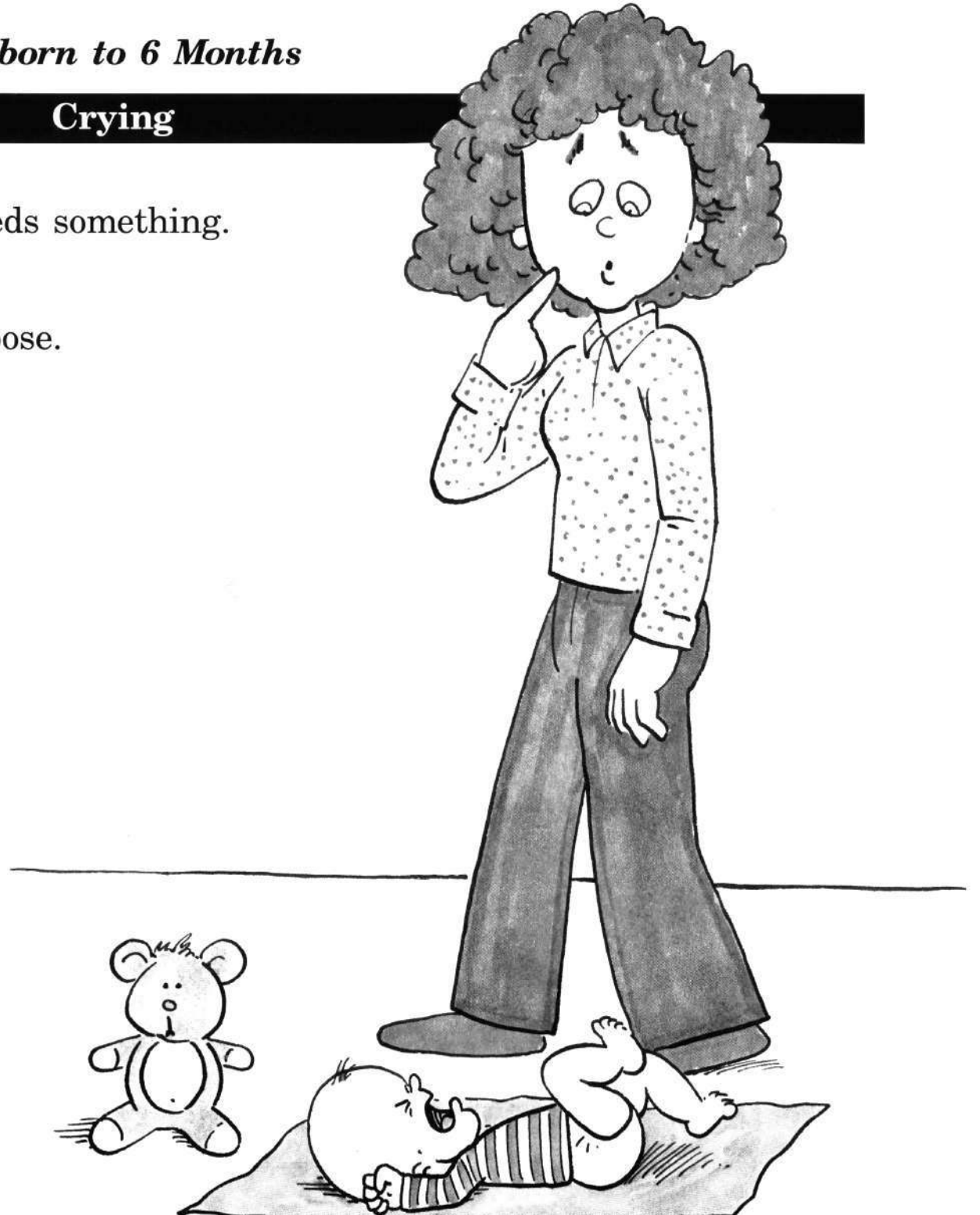
**Why do  
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## *Newborn to 6 Months*

### **Crying**

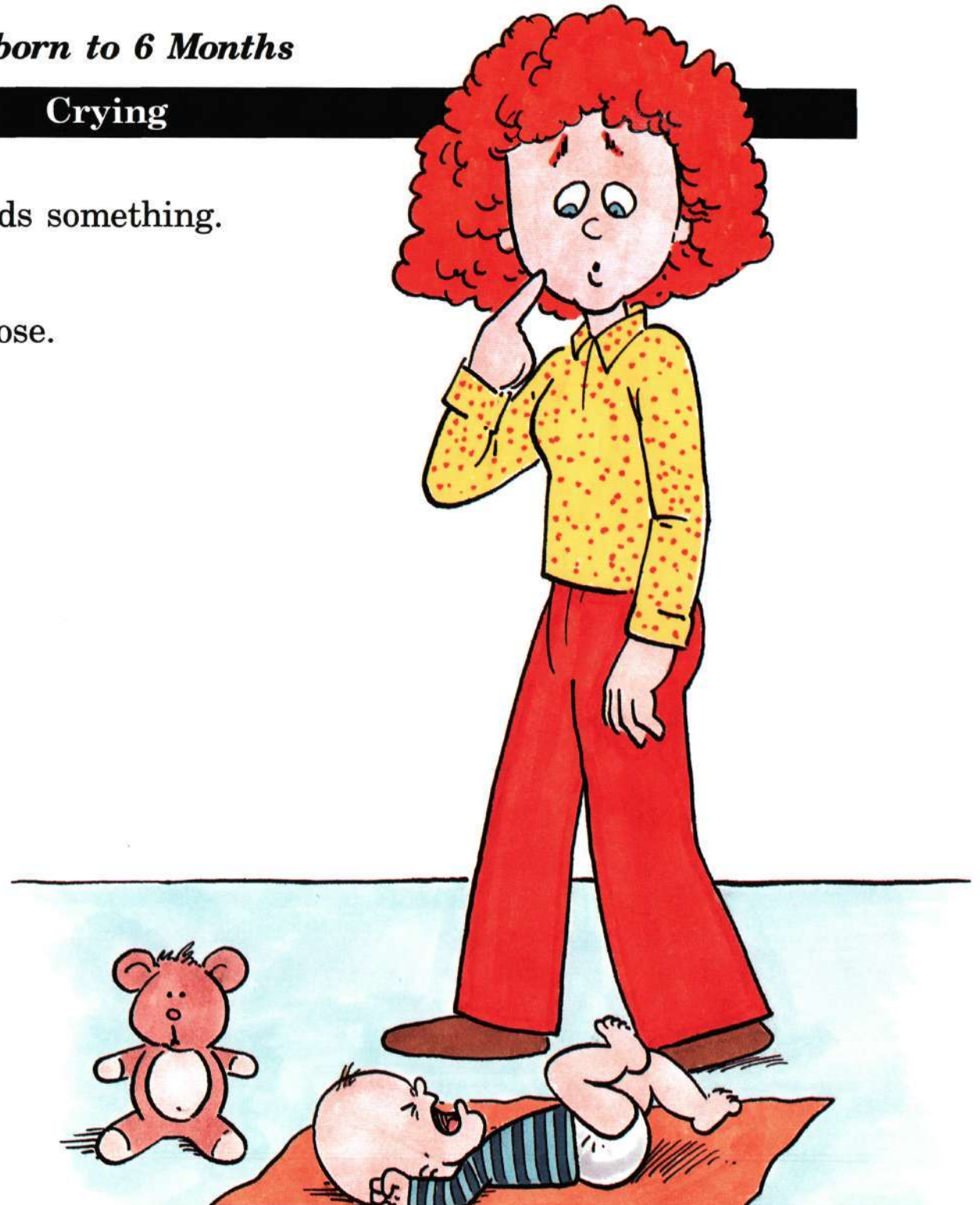
- ♥ A baby cries to let you know he needs something.
  - He does not cry to bug you.
  - He is too young to be bad on purpose.



## *Newborn to 6 Months*

### **Crying**

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## *Newborn to 6 Months*

### **Crying**

- ♥ Things to check with a crying baby:
  - Check the diaper. It may be wet. Check for diaper rash or an open diaper pin.
  - Feed him if he is hungry.
  - Feel his skin to see if he is too hot or too cold. If so, change his clothes. He may be over- or underdressed.
  - Check to see if he is teething.
  - Check for bites from insects or pets. Talk to a doctor or nurse. Allergies or an illness can make a baby cry.



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## *Newborn to 6 Months*

### **Crying**



#### ♥ Actions to soothe the baby:

- Burp him.
- Rock him.
- Wrap him in a small blanket (swaddle).
- Rub his back.
- Wash his face with a cool cloth.
- Run a fan or play soft music.
- Sing to him.

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## *Newborn to 6 Months*

### **Crying**



#### **Tips for You**

- ♥ Every parent gets upset sometimes.
- ♥ Try to relax. Try to stay patient.
- ♥ Call and talk to a friend, relative or neighbor.
- ♥ Ask someone you trust to watch the baby so you can get away for a while.

## *Newborn to 6 Months*

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## *Newborn to 6 Months*

### **Crying**

- ♥ If someone cannot come over, put the baby safely in his crib.
- ♥ Close the door.
- ♥ Go to another part of the house.
- ♥ Relax 10 minutes to give yourself a rest.



## *Newborn to 6 Months*

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**7 to 12 Months**

**What can you do  
to help a baby  
at this age behave?**



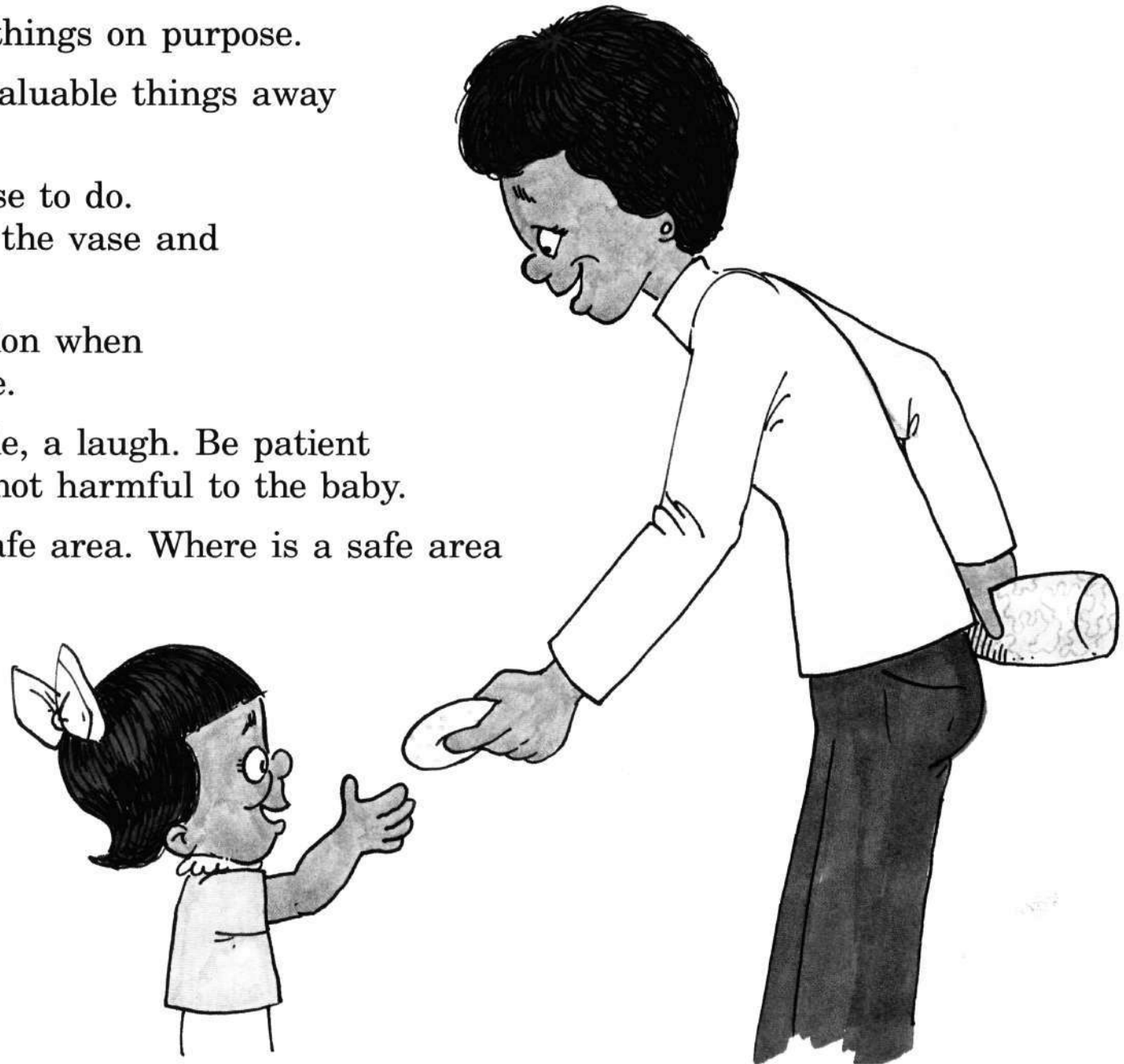
**What can you do  
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## 7 to 12 Months

### Behaving

- ♥ Babies do not do bad things on purpose.
- ♥ Keep dangerous and valuable things away from the baby.
- ♥ Give her something else to do.  
–Example: Take away the vase and hand her a teether.
- ♥ Give her loving attention when she does what you like.
- ♥ Give her a hug, a smile, a laugh. Be patient with behavior that is not harmful to the baby.
- ♥ Let her explore in a safe area. Where is a safe area in your home?

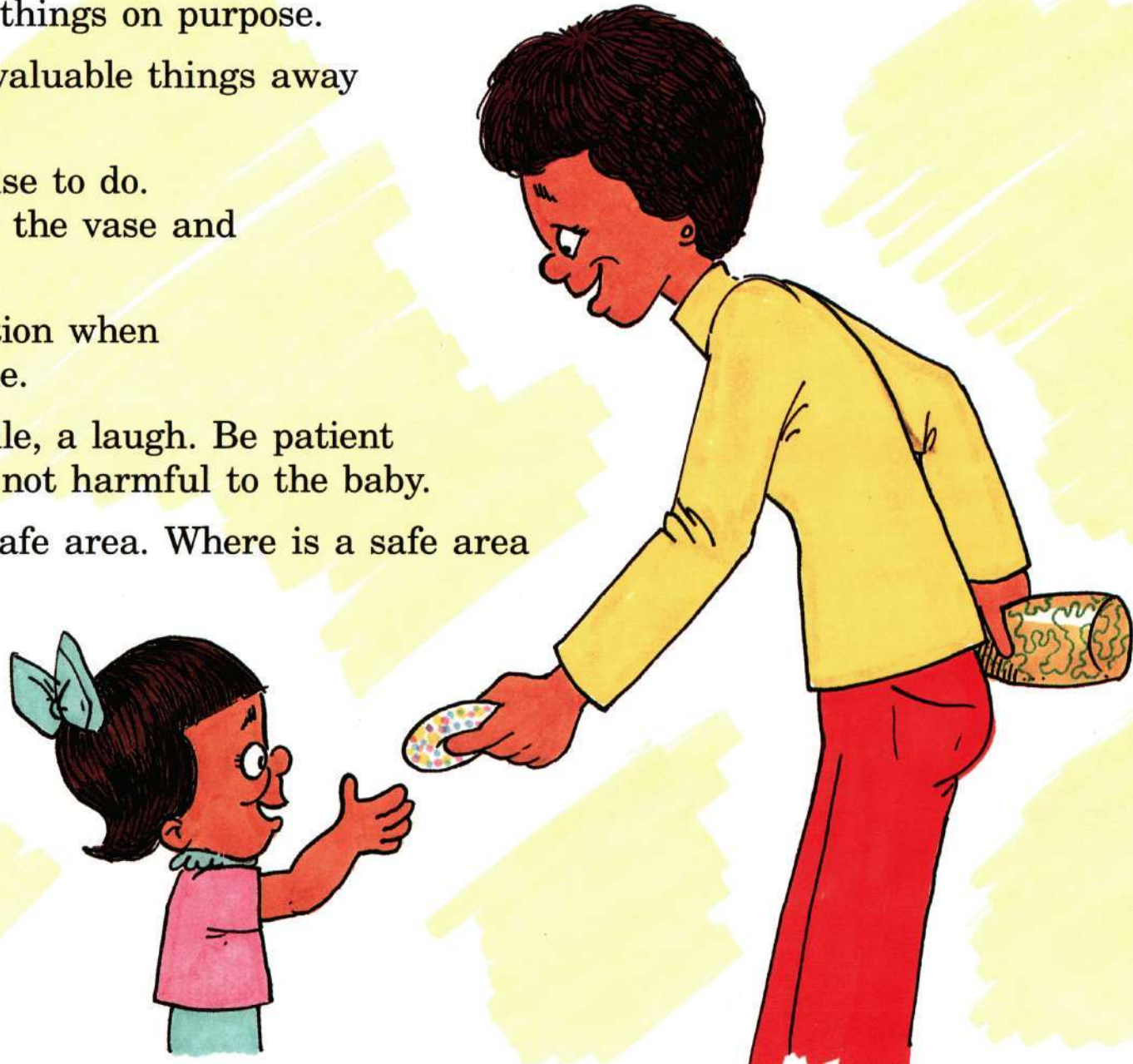


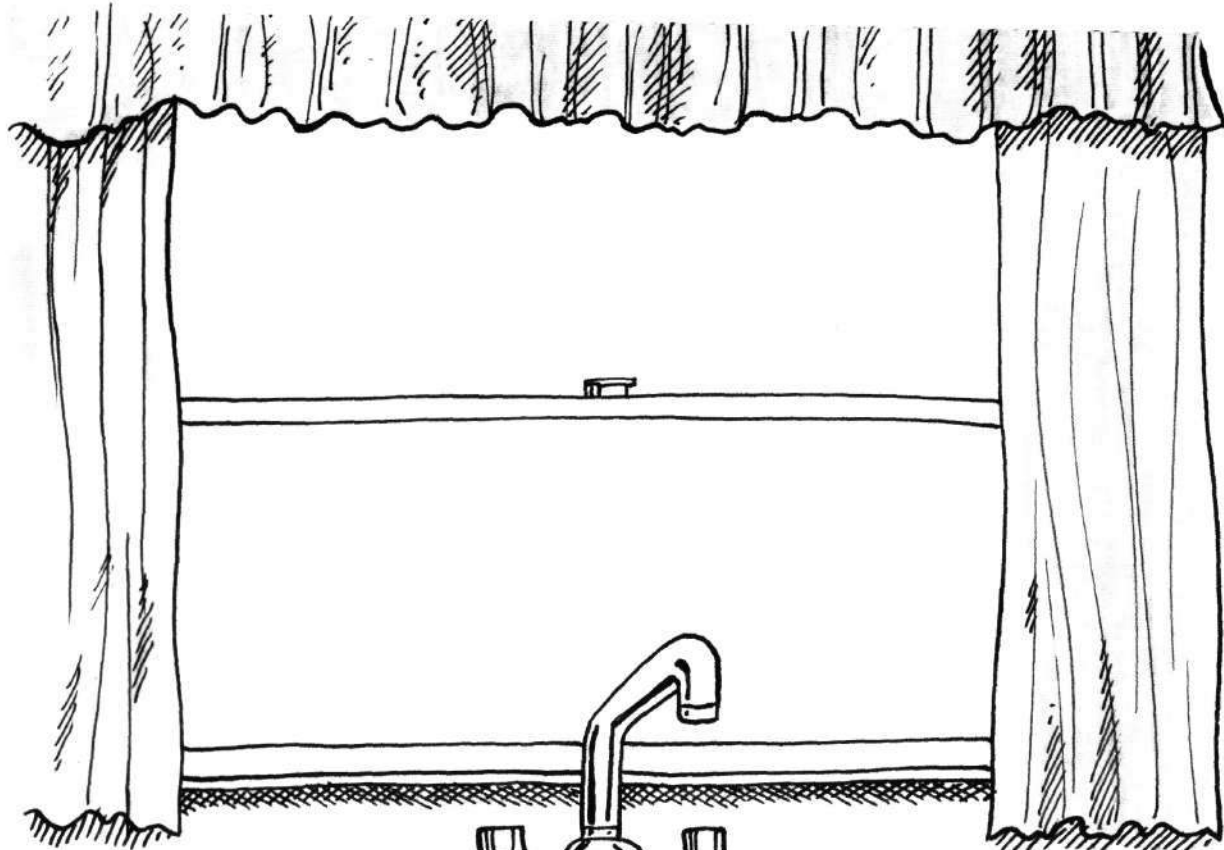


## 7 to 12 Months

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**What things are  
dangerous to  
your baby?**



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dangerous to  
your baby?**



## 7 to 12 Months

### Safety

#### Things to look for on the floor:



- ♥ Things smaller than 1½ inches:
  - money/coins.
  - cigarettes.
  - dry pet food.
  - pins.
  - buttons.
- ♥ Things that are sharp:
  - pieces of glass.
  - knives.
  - scissors.
  - razor blades.
  - cans.
- ♥ Other things that are dangerous:
  - plastic bags.
  - electrical cords and outlets.
  - hot curling iron.
  - wastebaskets.
  - plants.
  - ashtrays.
  - cleaning supplies.
  - car oil or gas.

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### Safety

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### Safety

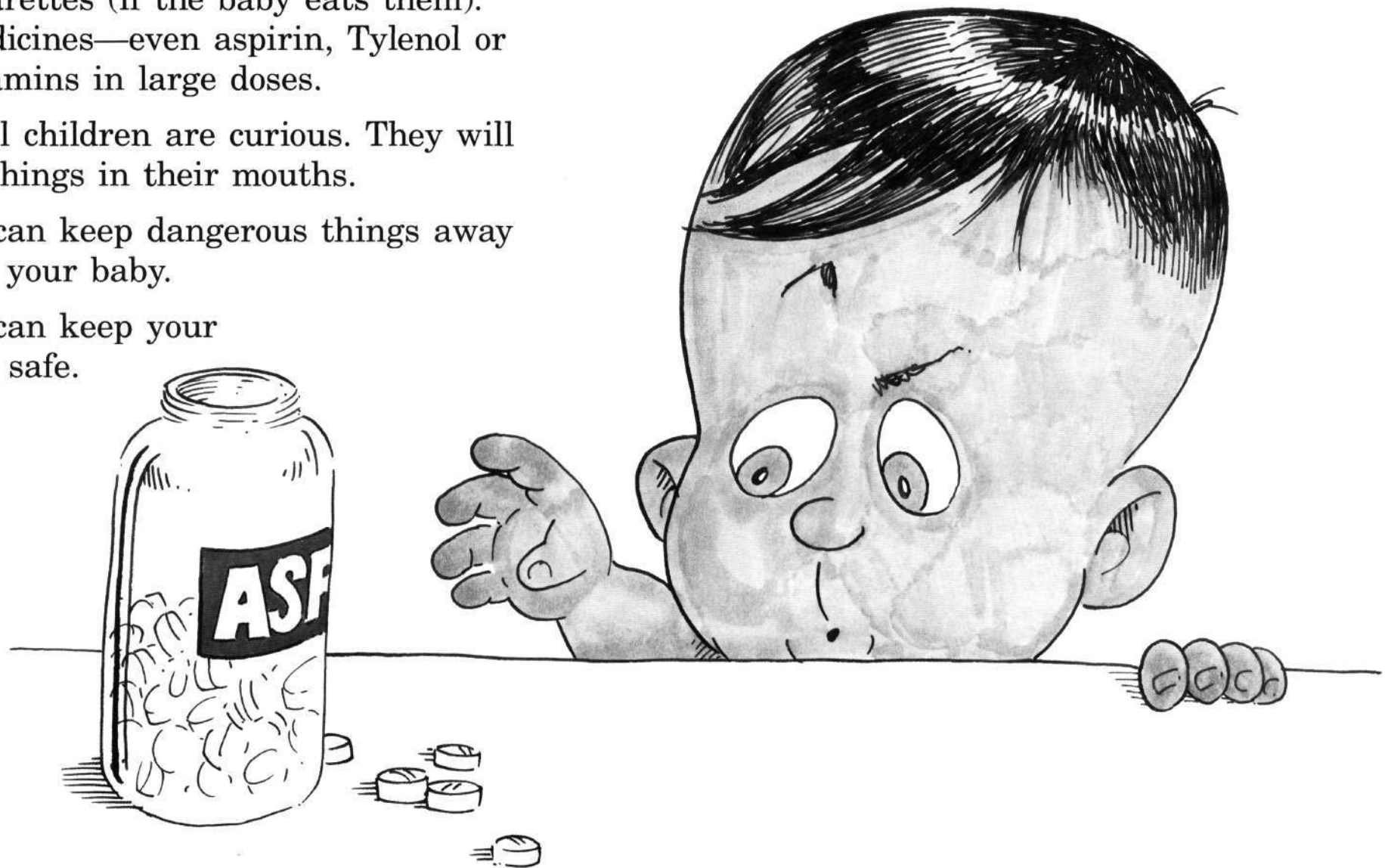
♥ Things that can poison or make a baby sick:

- beer or booze.
- cigarettes (if the baby eats them).
- medicines—even aspirin, Tylenol or vitamins in large doses.

♥ Small children are curious. They will put things in their mouths.

♥ You can keep dangerous things away from your baby.

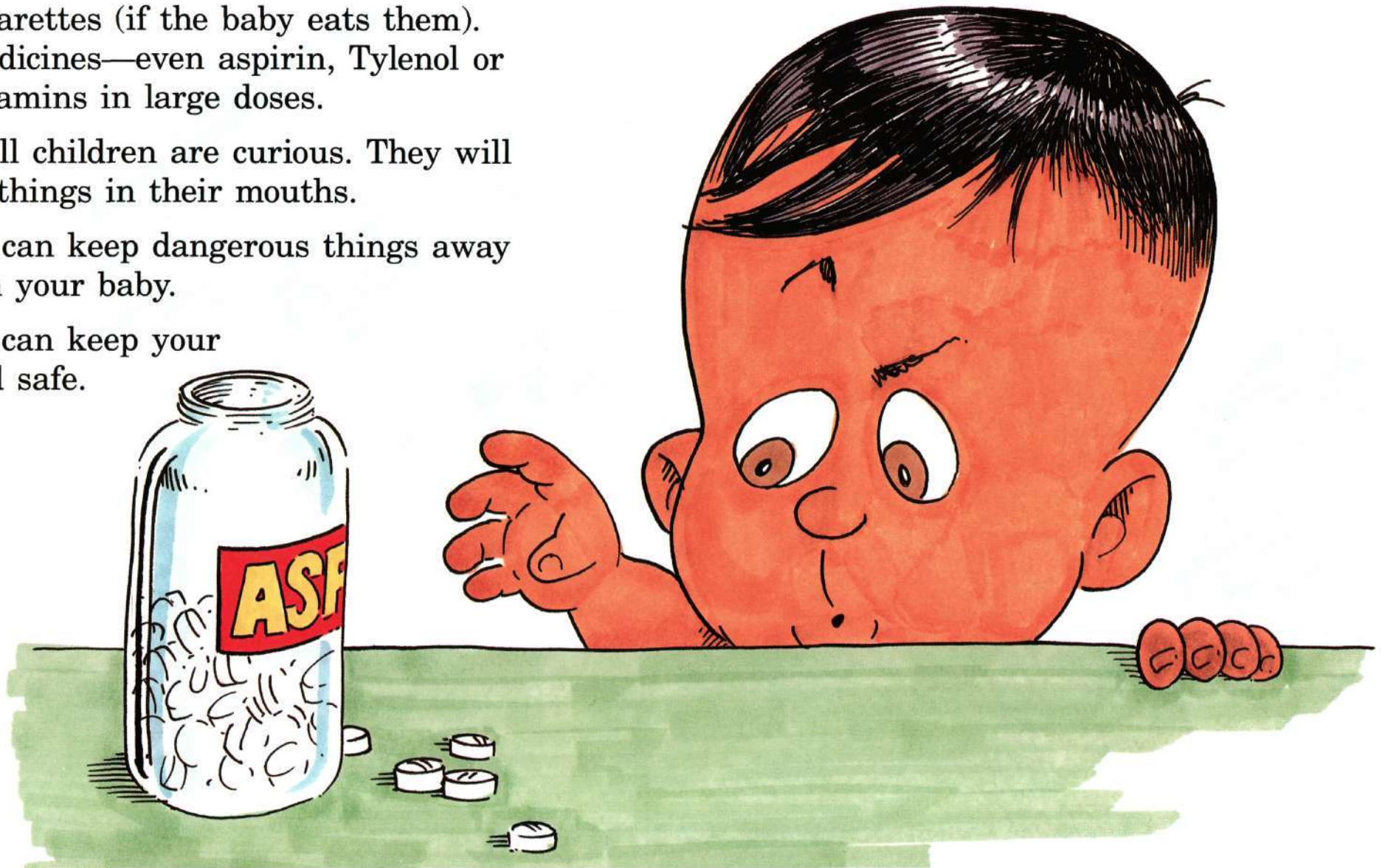
♥ You can keep your child safe.



## 7 to 12 Months

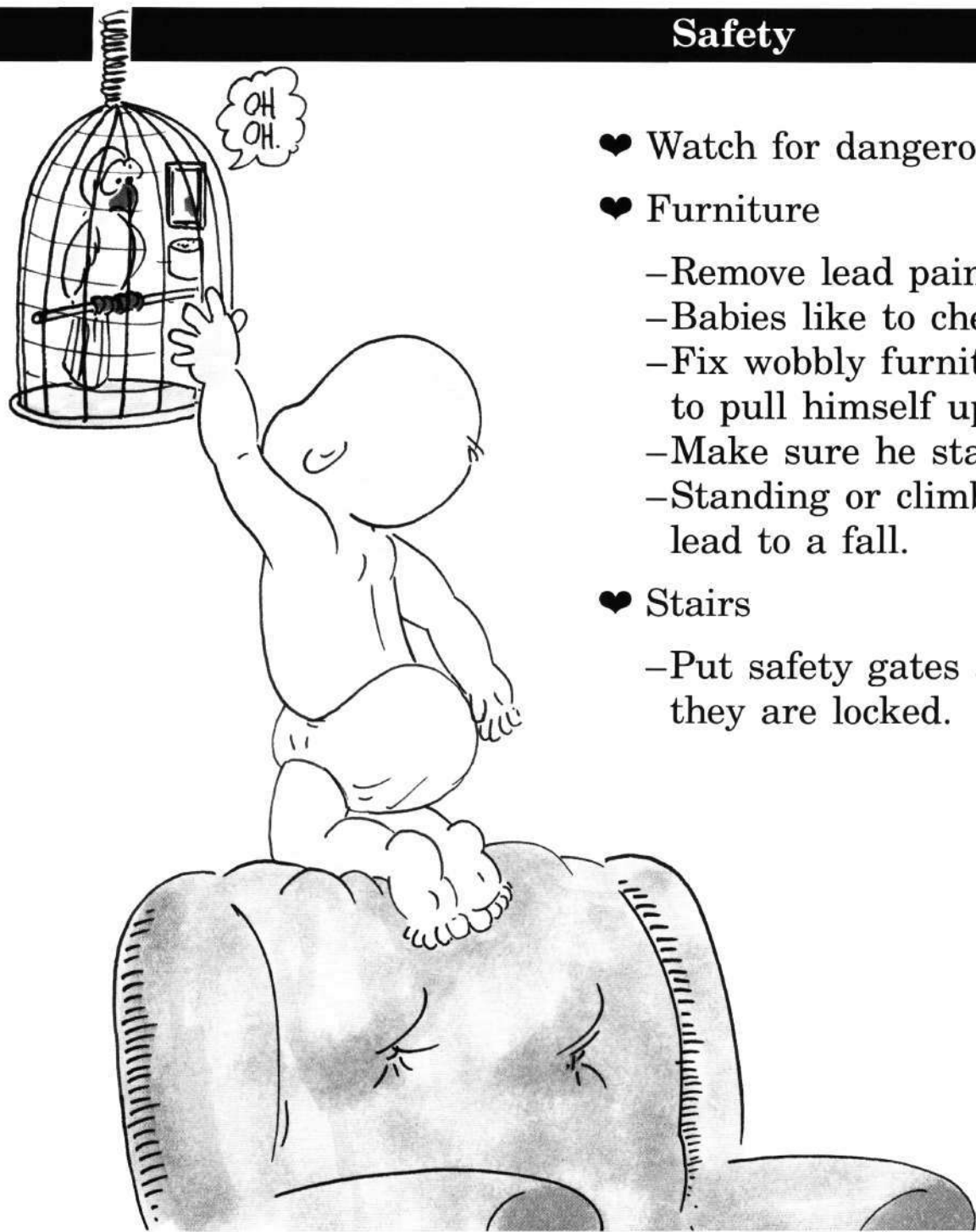
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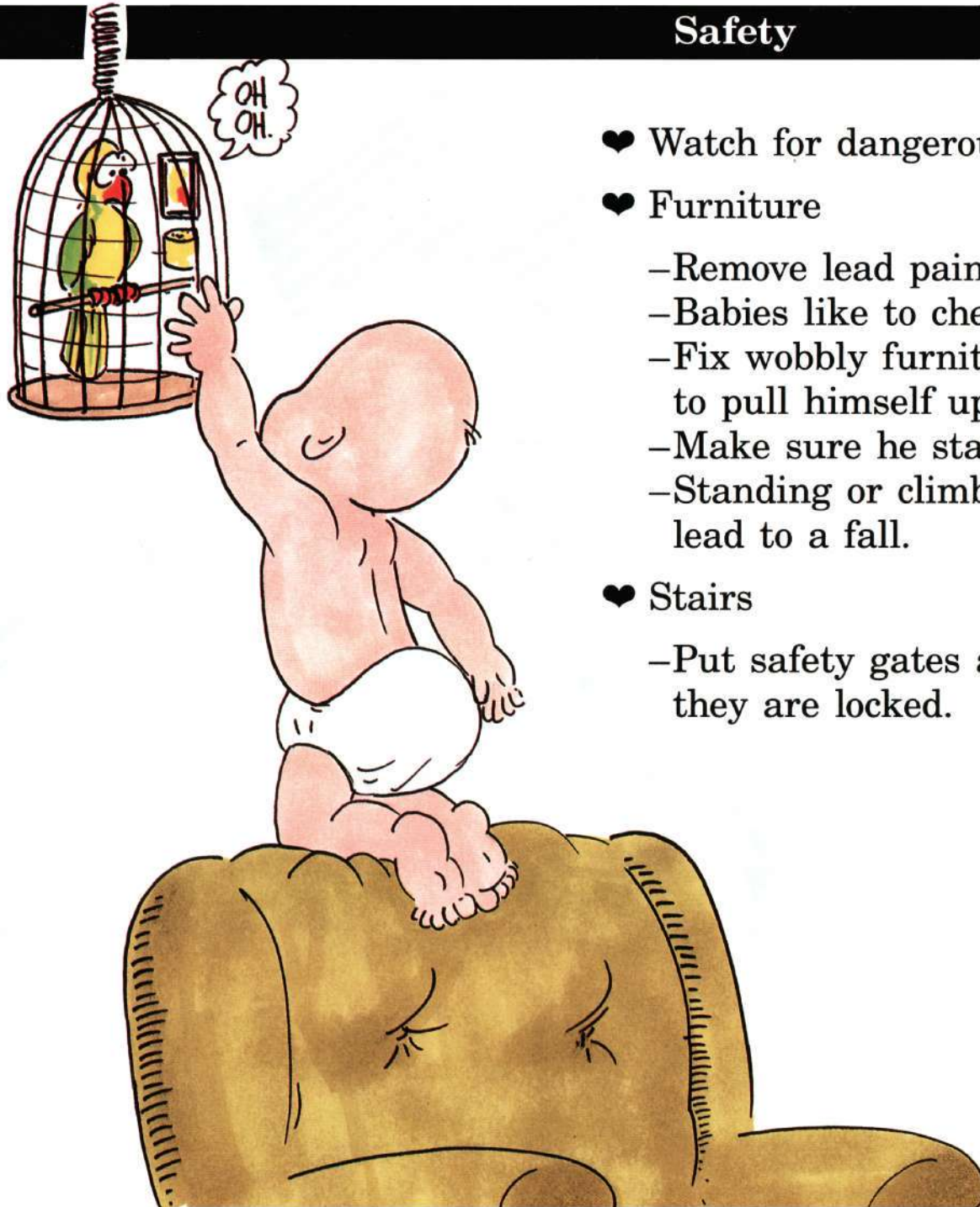


- ♥ Watch for dangerous areas in your home.
- ♥ Furniture
  - Remove lead paint on furniture or walls.
  - Babies like to chew on furniture.
  - Fix wobbly furniture. It can tip if he is trying to pull himself up.
  - Make sure he stays seated or down.
  - Standing or climbing on high furniture can lead to a fall.
- ♥ Stairs
  - Put safety gates across stairways. Make sure they are locked.



## 7 to 12 Months

### Safety



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## 7 to 12 Months

### Safety

#### ♥ In the bath

- Never leave him alone in or near water.  
A baby can drown in 2 inches of water or less.

#### ♥ Cribs

- Remove bumper pads and big stuffed animals from the crib.
- He could use them to climb out of the crib.
- Set the mattress at the lowest level.

#### ♥ In the kitchen

- Turn pot handles toward the back of the stove.  
Do you know why?



## 7 to 12 Months

### Safety

#### ♥ In the bath

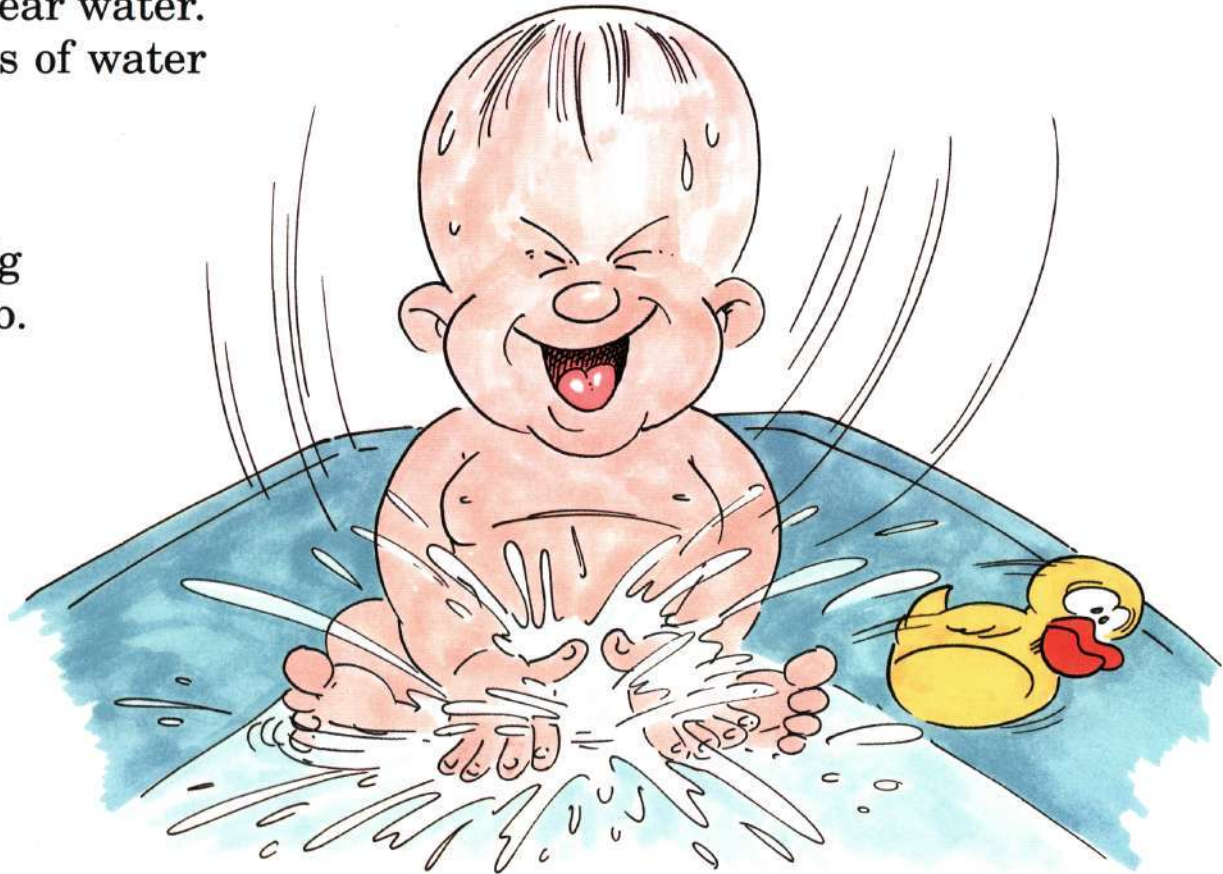
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**How do you  
set limits?**





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## 7 to 12 Months

### Setting Limits

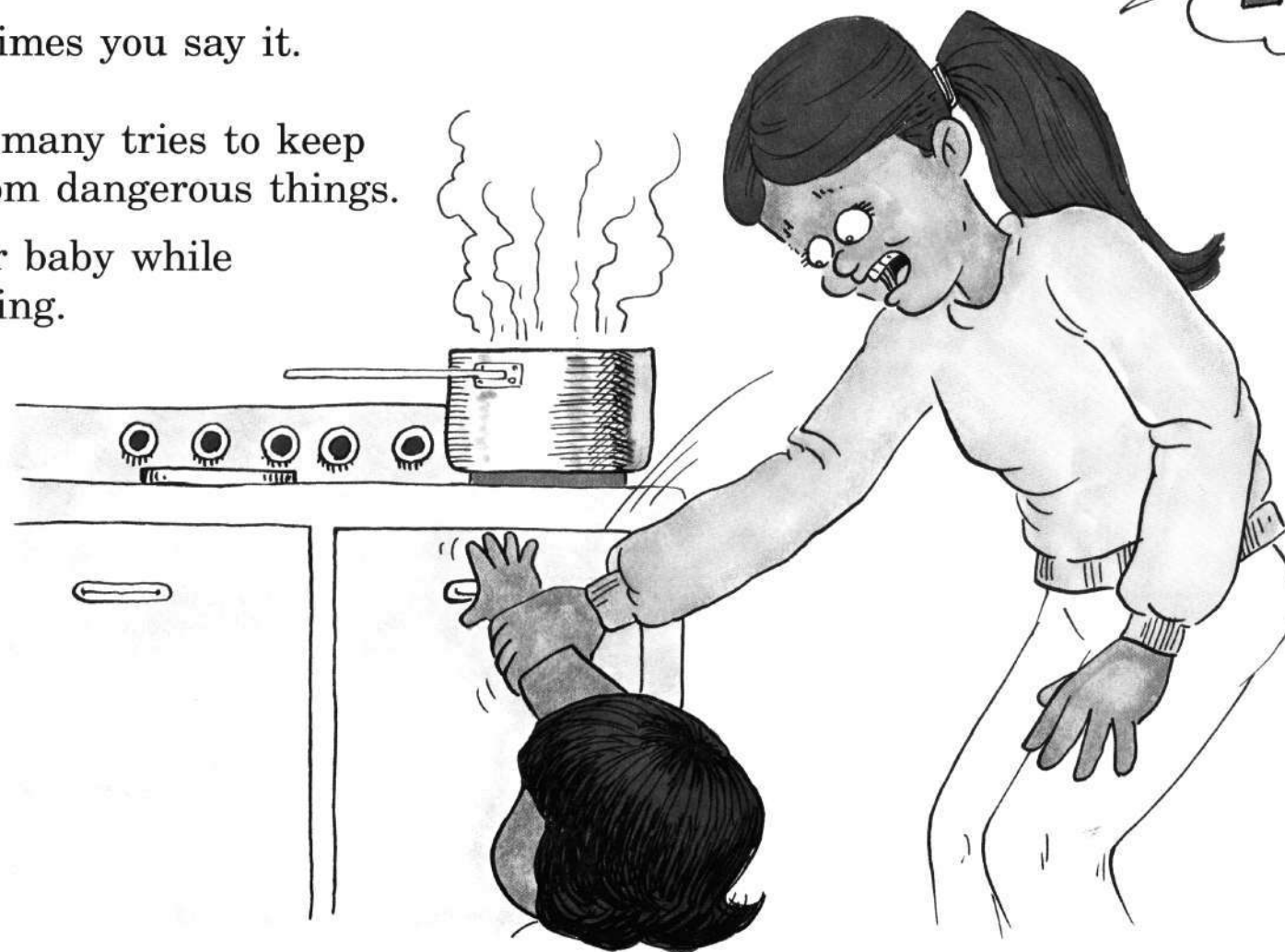
♥ You are an important part of helping your baby behave. Set limits by:

–What you say.

- Use words such as “HOT!,” “TASTES BAD!” and “STOP!”
- Save “NO!” for dangerous situations.

–How many times you say it.

- ♥ It may take many tries to keep her away from dangerous things.
- ♥ Look at your baby while you are talking.



## 7 to 12 Months

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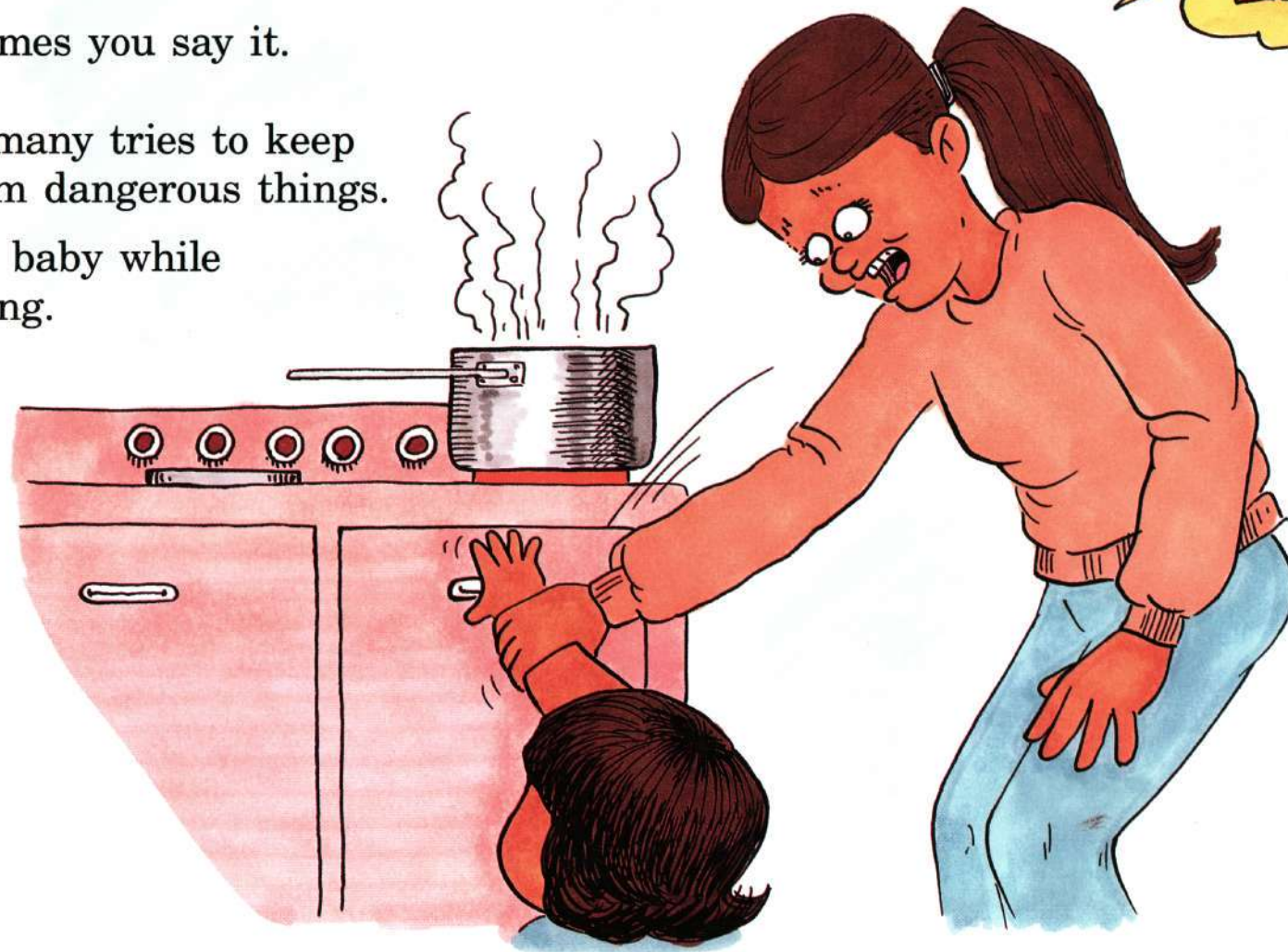
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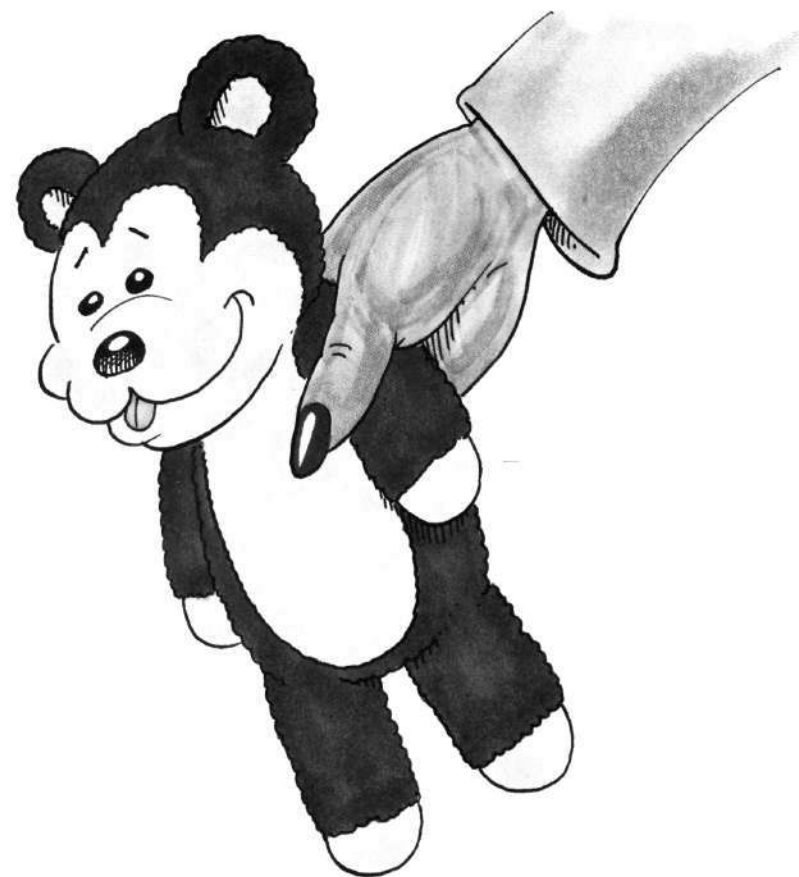


## 7 to 12 Months

### Setting Limits

#### ♥ What you can do:

- Keep dangerous things out of her reach.
- Move wastebaskets and plants.
- Cover electrical outlets.
- Give her safe toys and safe places to play.
- What are safe toys?
- Be understanding, gentle and patient.
- Keep showing your baby what you want.





## 7 to 12 Months

### Setting Limits

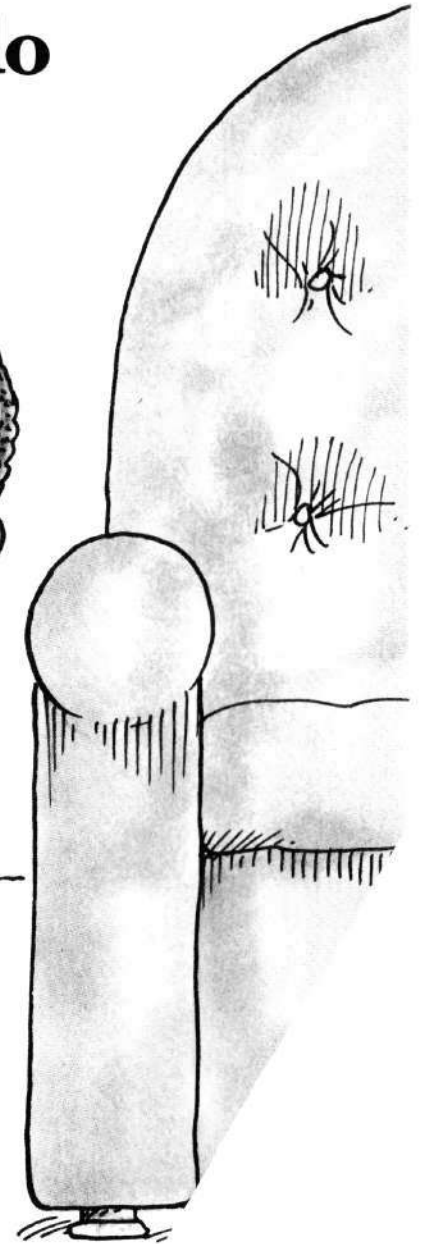
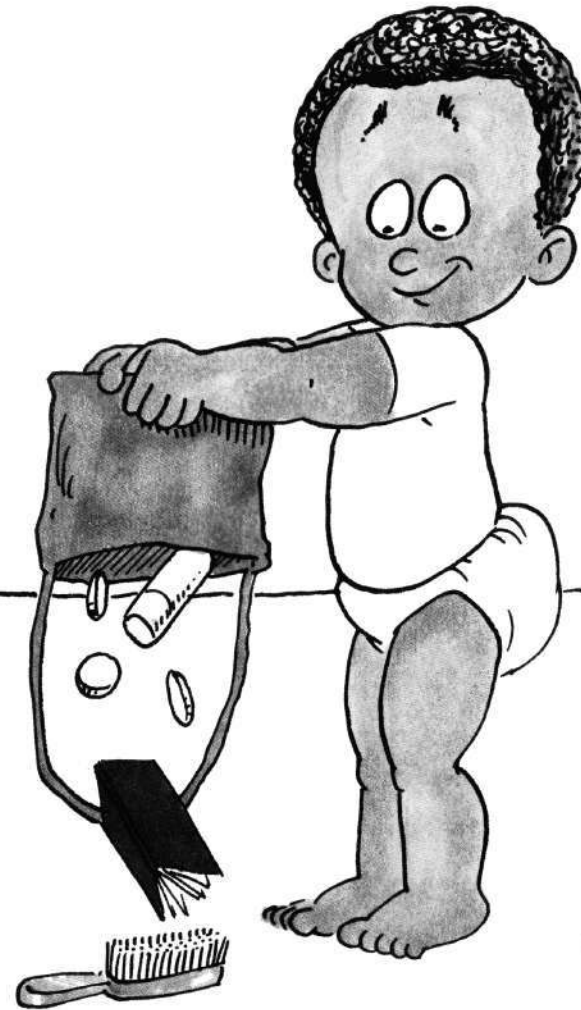
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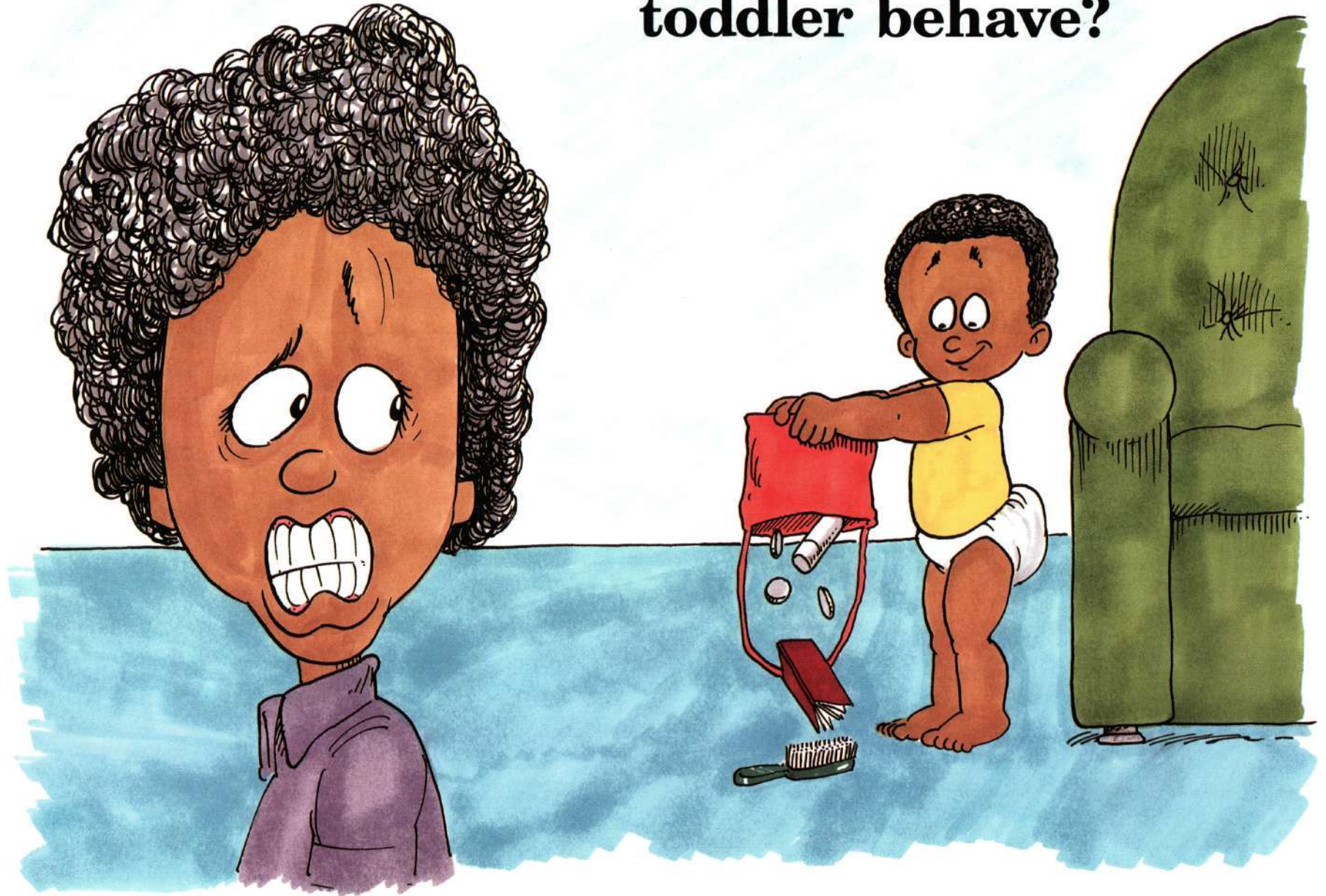


**12 to 24 Months**

**What can you do  
to help your  
toddler behave?**



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## 12 to 24 Months

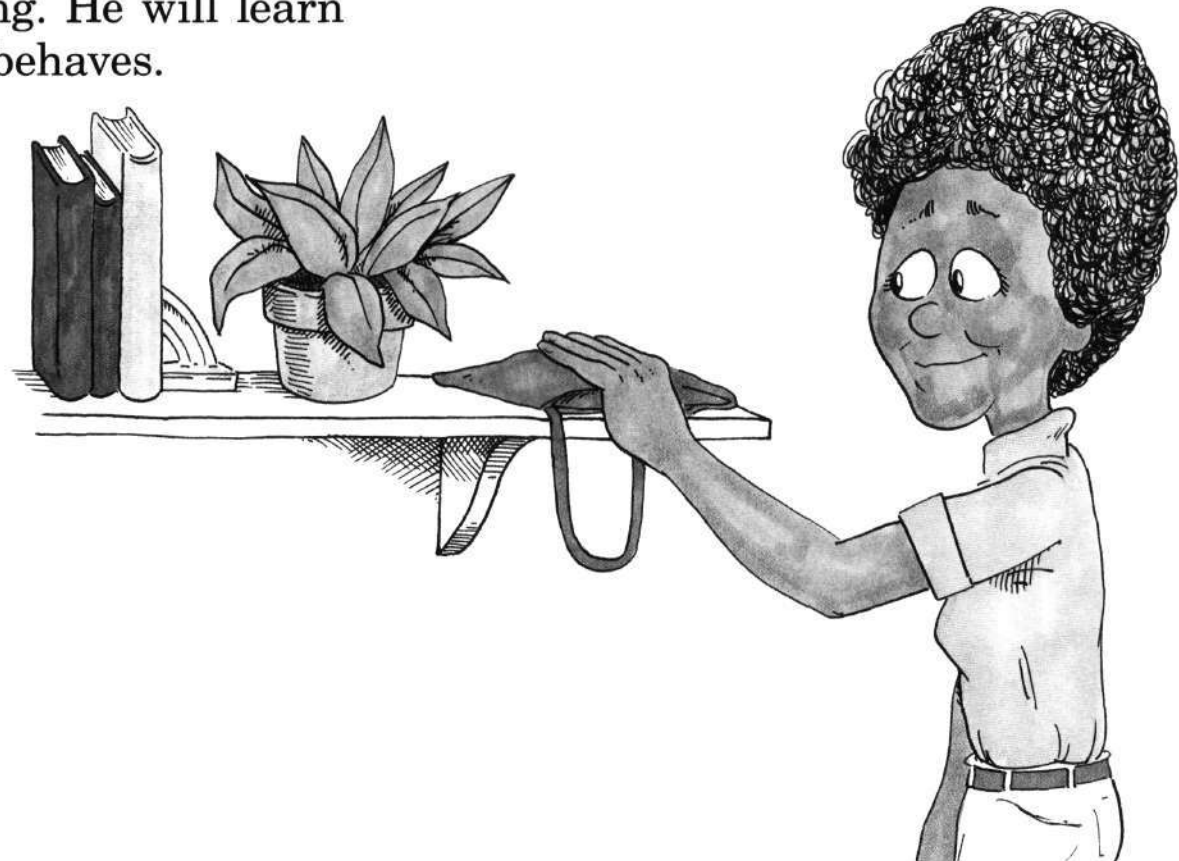
### Behaving

#### ♥ Things you can say

- Tell him what he **can** do.
- Say, "Hold the kitty this way," instead of "Don't hold the kitty like that!"
- Tell him what you want him to do.
- Say, "It's time to put on your shoes," instead of "Don't you think it's time to get your shoes on?"
- Praise him when he is behaving. He will learn he can get attention when he behaves.

#### ♥ Things you can do

- Put things away that you do not want him to touch.
- When he is doing what you do not want him to do, give him something else to do.
- Be sure he gets enough rest.
- Take toys or snacks on trips so he does not get bored, hungry or cranky.



## 12 to 24 Months

### Behaving

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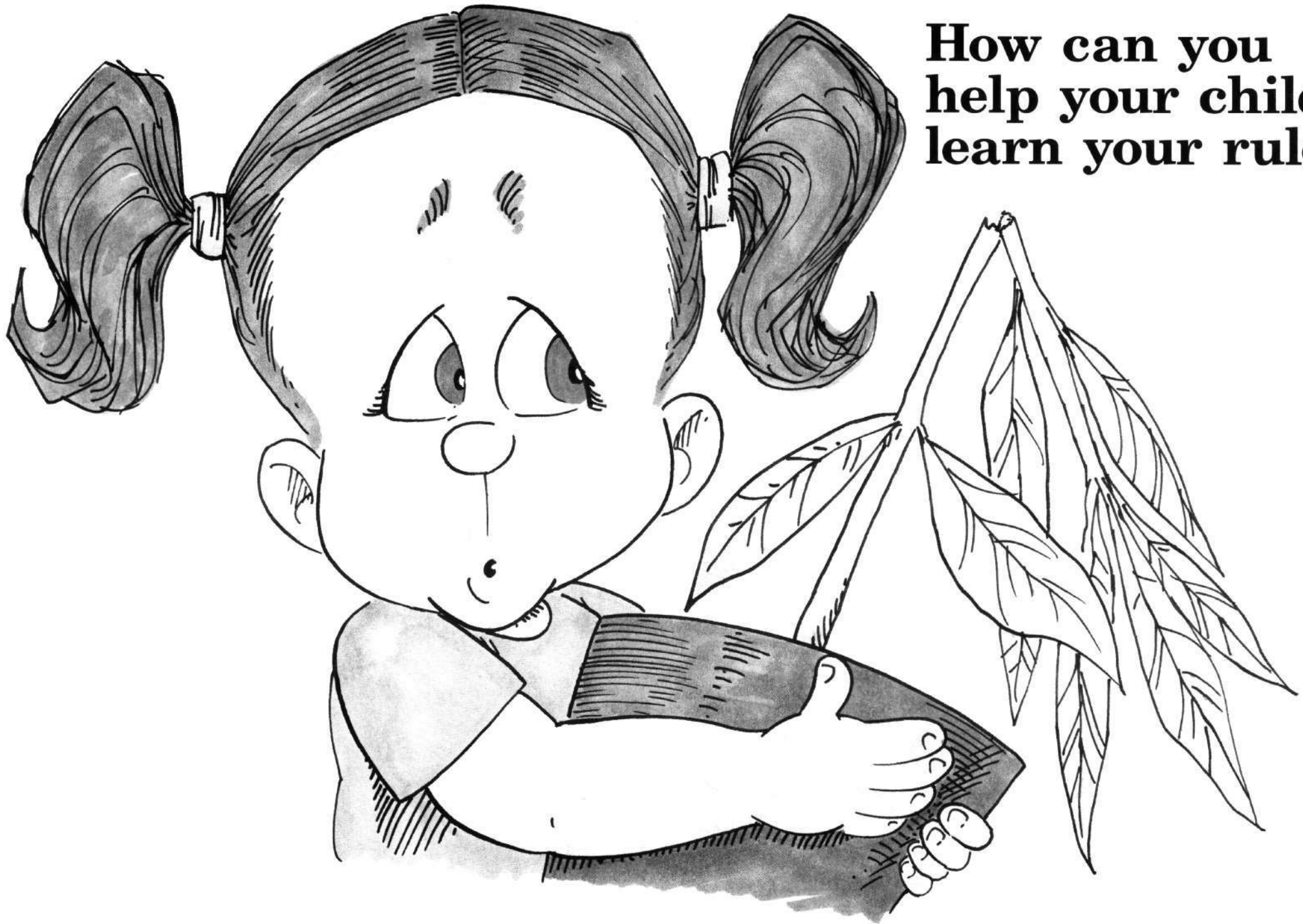
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**How can you  
help your child  
learn your rules?**





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## 12 to 24 Months

### Learning Rules

♥ A toddler needs to learn your rules.

–Be specific

- Tell her what she can do. This tells her the good behavior instead of the bad behavior.

Example: “You can play with the toys in the box.”

–Be brief

- Use short, simple sentences.

Example: “Give me the plant.”

–Be clear

- Keep it simple.

Example: “The plant is not a toy.”

–Be consistent

- It is confusing to your child when you are not consistent.



## 12 to 24 Months

### Learning Rules

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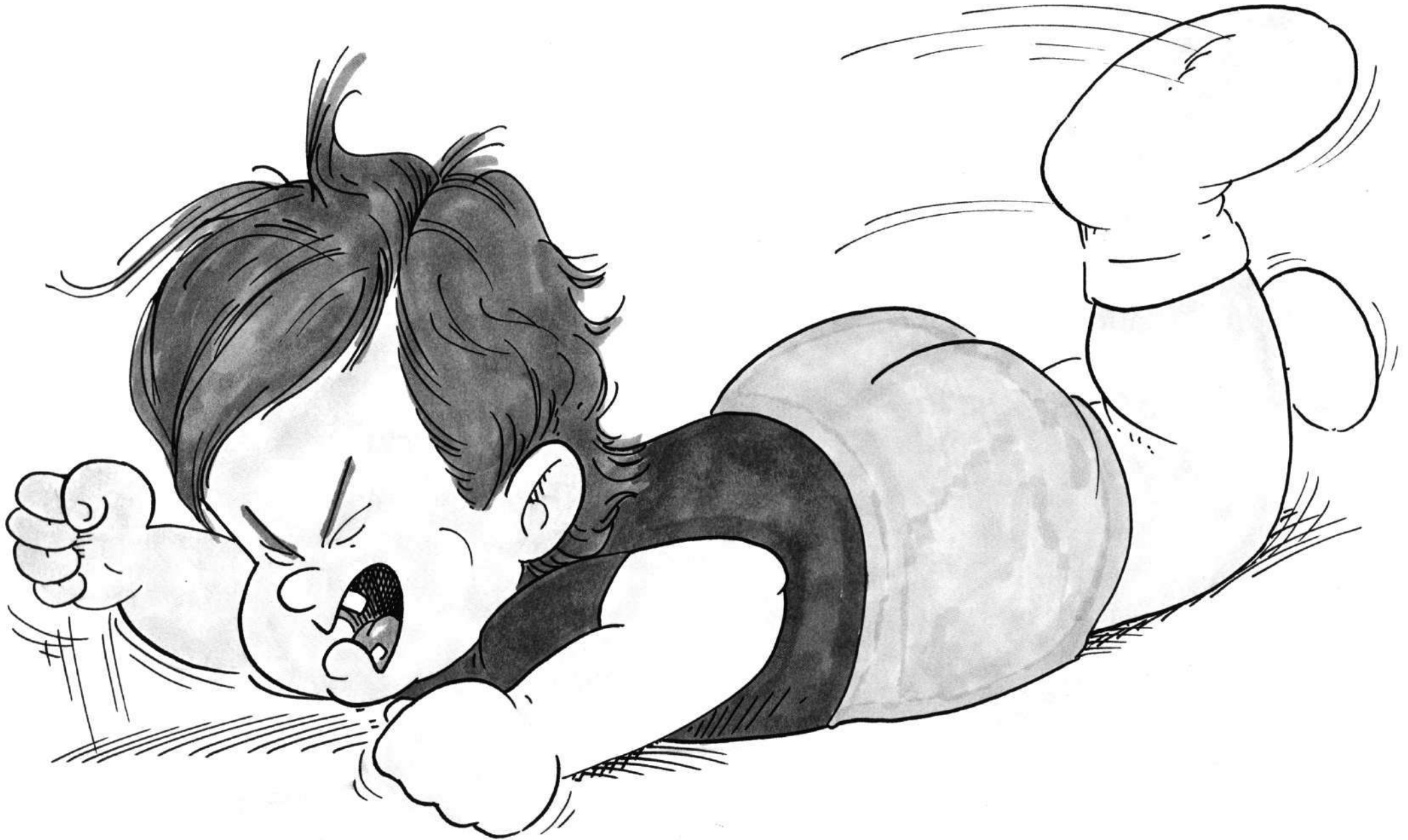
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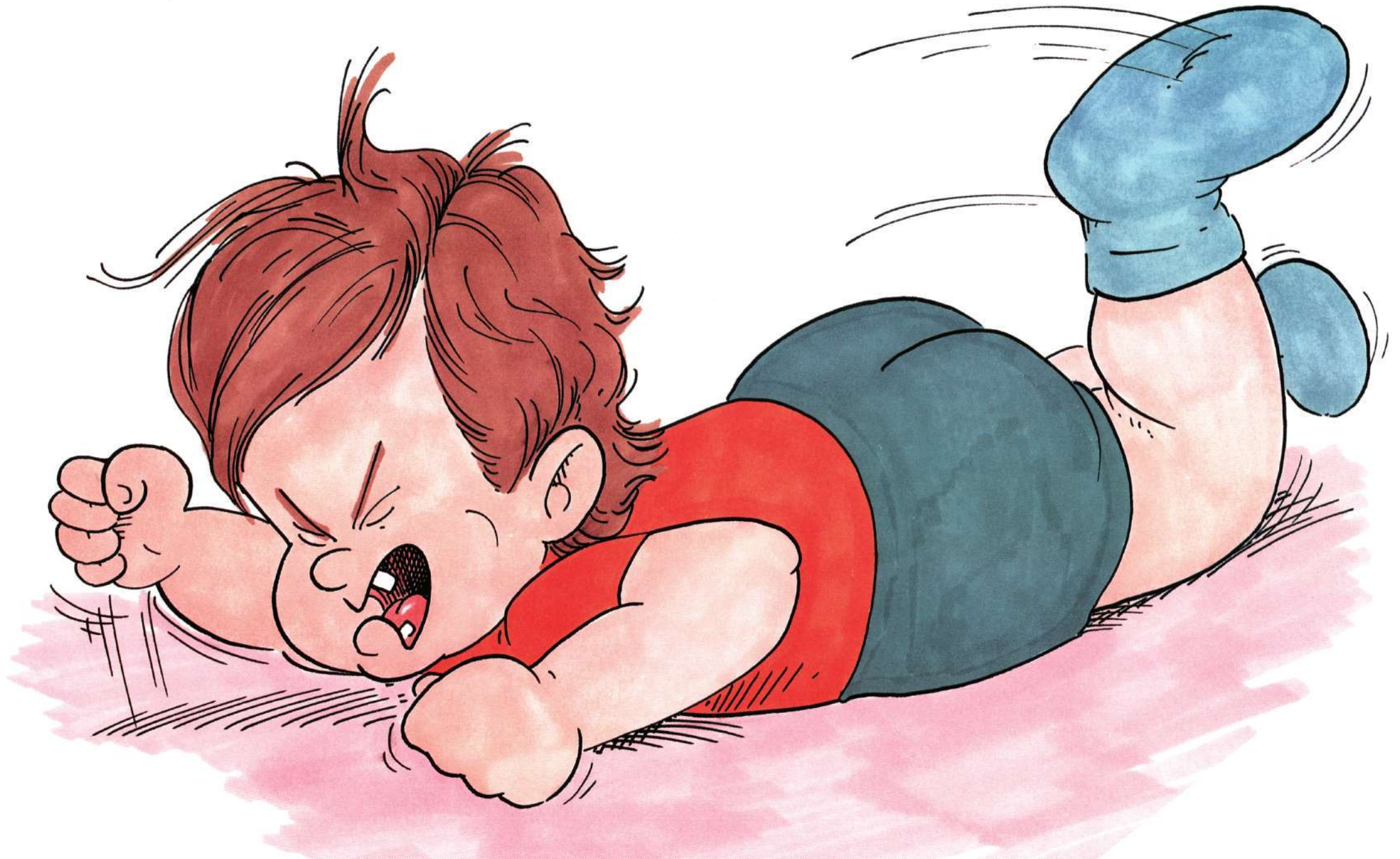
- It is confusing to your child when you are not consistent.



**How can you  
prevent tantrums?**



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prevent tantrums?**



## 12 to 24 Months

### Tantrums

♥ Toddlers get frustrated and upset easily. When they cannot get what they want, some toddlers have temper tantrums. Ways you can help:

–Develop a daily routine for:

- naps.
- bedtime.
- meals.

–Give him space to play.

–Help him when he becomes frustrated.

–Praise him when he asks for help.



## 12 to 24 Months

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–Help him when he becomes frustrated.

–Praise him when he asks for help.



**What can you  
do when a  
tantrum occurs?**



**What can you  
do when a  
tantrum occurs?**





**Tantrums**

♥ **Things that help:**

- Walk away. Make sure she is safe first.
- Do not give in.
- Remain calm.
- Praise her when she gains control.  
“I love you, but I do not like yelling  
and screaming. I’m glad you are feeling  
better now.”



## 12 to 24 Months

### Tantrums

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- “I love you, but I do not like yelling and screaming. I’m glad you are feeling better now.”



## *12 to 24 Months*

### **Tantrums**

#### ♥ **Things that do not help:**

- Screaming and yelling yourself.
- Hitting her.
- Saying mean words to her.
- Reminding her of the tantrum after it is over.
- Ignoring her after the tantrum is over.



## 12 to 24 Months

### Tantrums

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# How can you help your toddler behave in the grocery store?



# How can you help your toddler behave in the grocery store?



## 12 to 24 Months

### Behaving in the Grocery Store

#### ♥ Before the trip

- Tell him what he can do or touch.
- Tell him what he can buy.
- Take him to the store when he is rested and fed.

#### ♥ At the store

- Talk to him.
- Play games.

“Who can see the bread first?”

“Do you know where  
milk comes from?”

“Name what is in the cart.”

“We need three apples.  
One, two, three!”

“Count the number  
of steps from  
the Cheerios to  
the Wheaties.”

-Sing quiet songs.

-Have him hold something that will  
not break.

#### ♥ Safety concerns

-Use the safety strap in the cart.

-Keep him seated in the cart.

♥ Consider having someone watch him  
while you go alone.



## 12 to 24 Months

### Behaving in the Grocery Store

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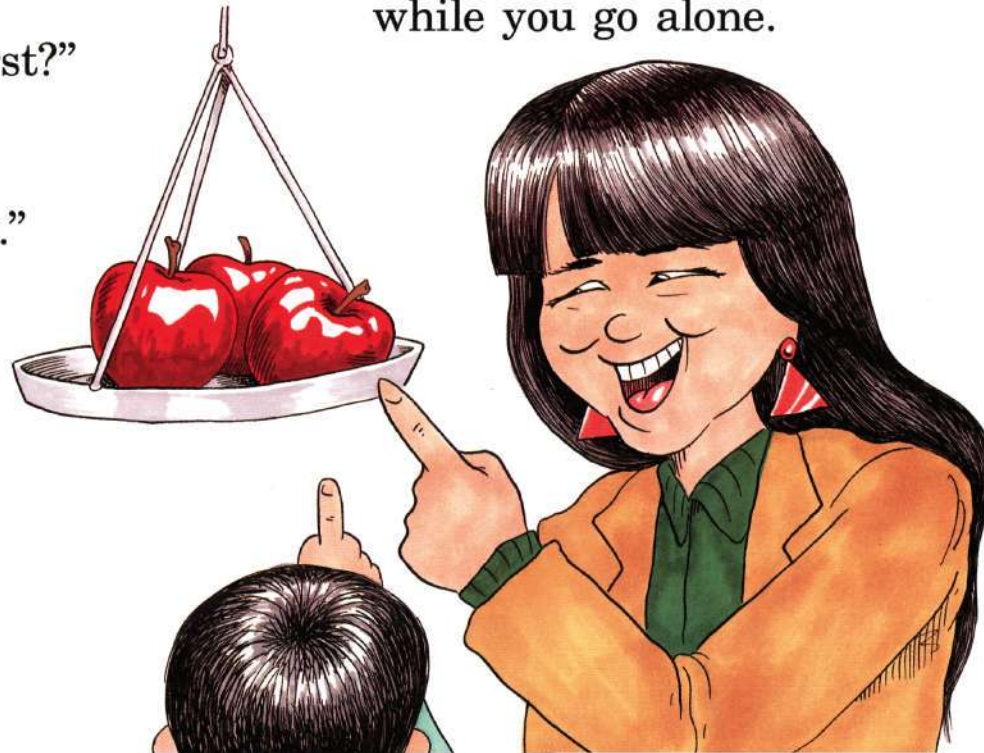
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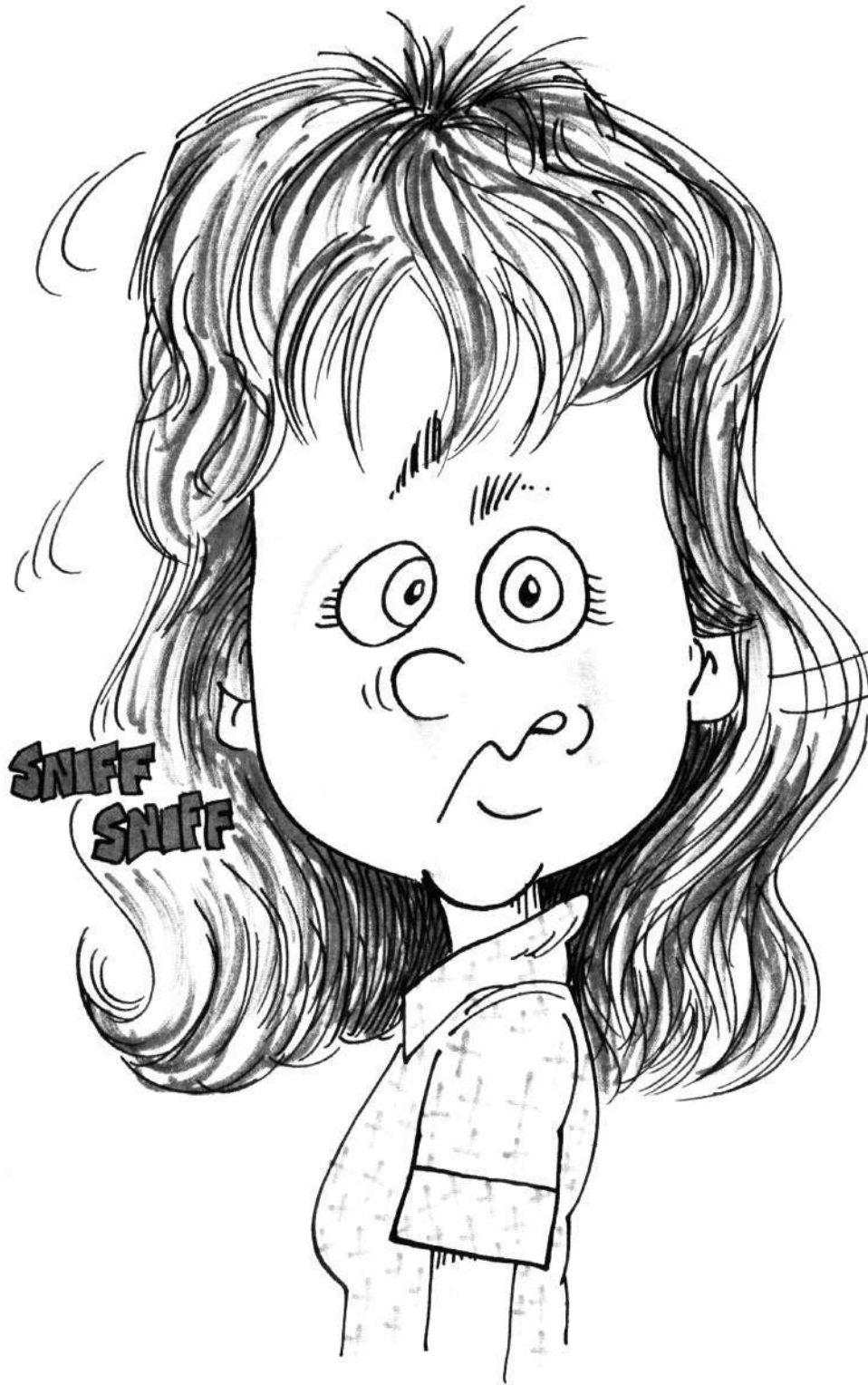
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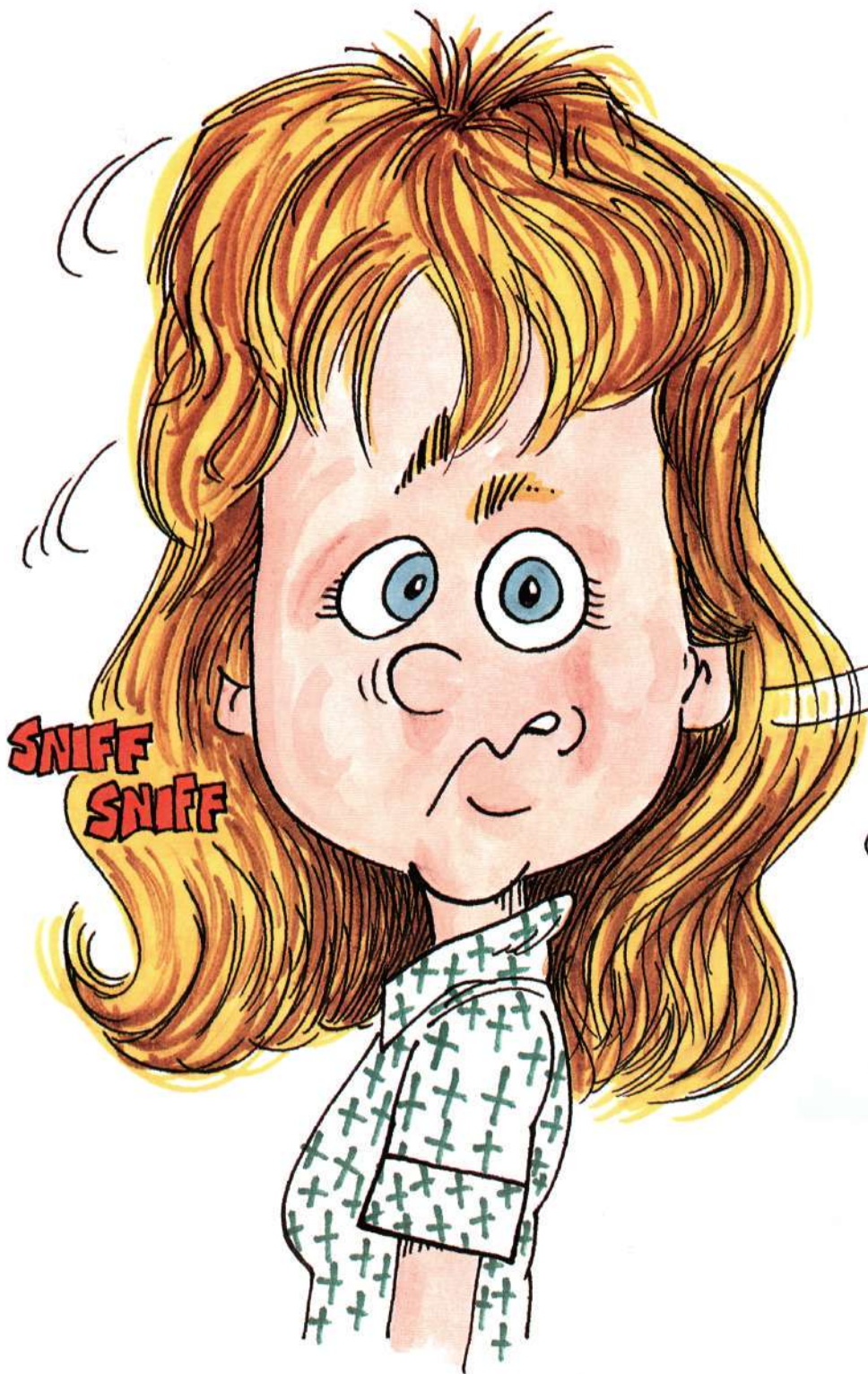


**24 to 36 Months**

**What can you do  
to avoid potty  
training accidents?**



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## 24 to 36 Months

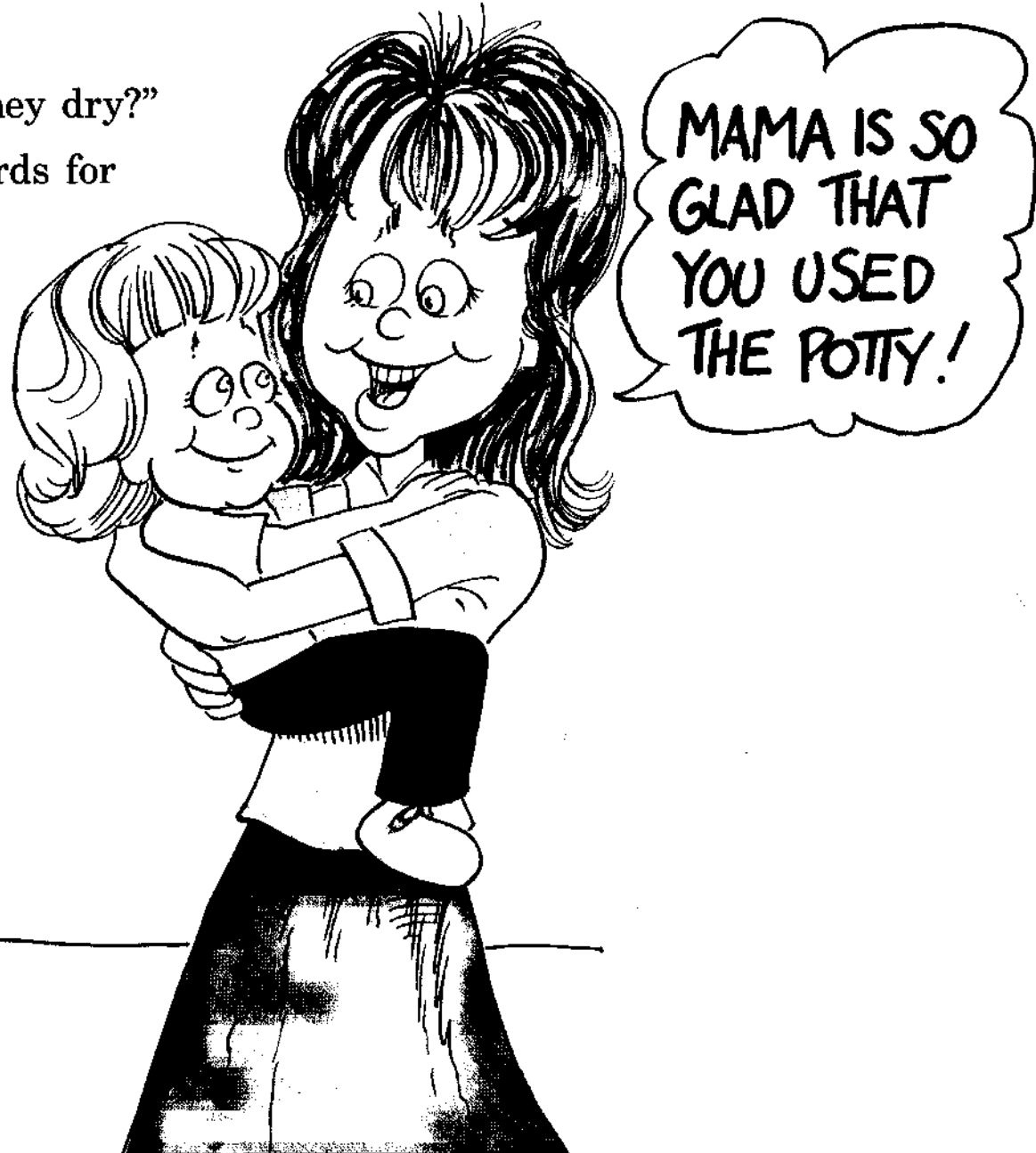
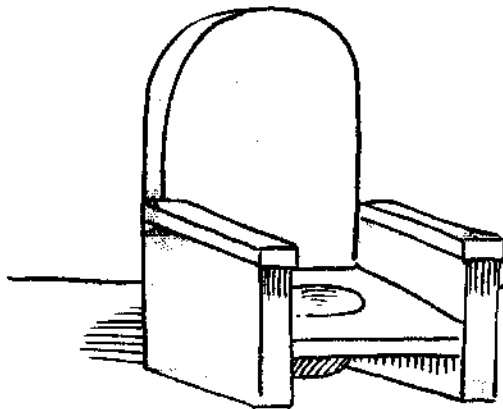
### Toilet Training

#### ♥ Things that help:

- Say: "Check your pants. Are they dry?"
- Reward her with hugs and words for being dry and using the potty.
- React calmly to accidents.

#### ♥ Things that do not help:

- Saying: "Do you need to go to the potty?" (They usually say "no.")
- Punishing accidents.



## 24 to 36 Months

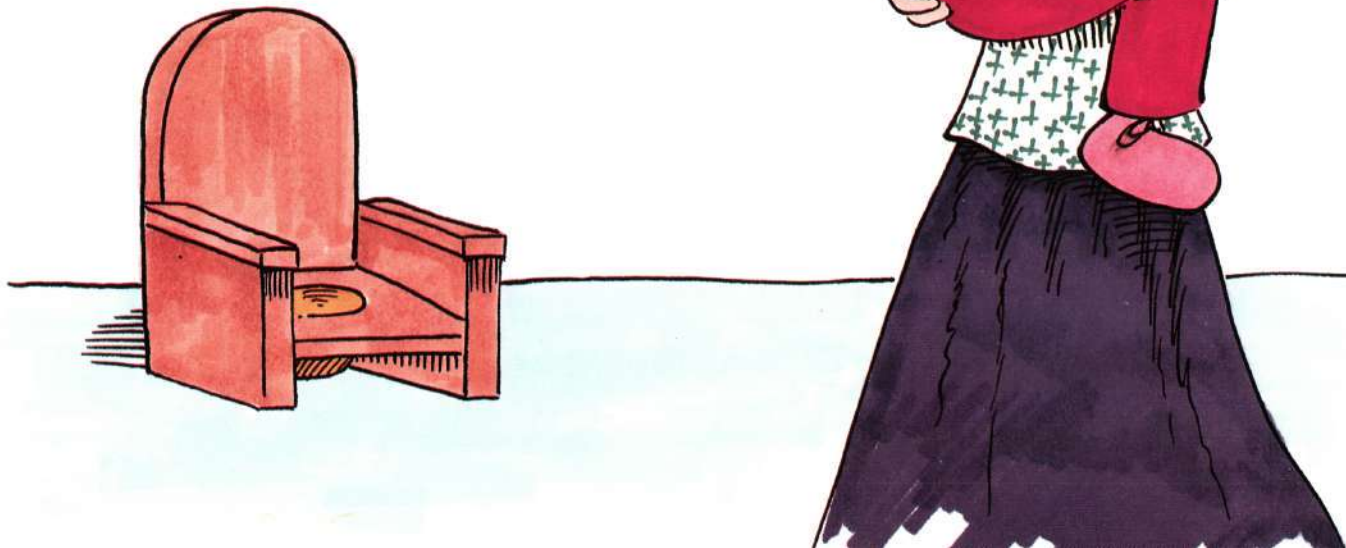
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#### ♥ Things that do not help:

- Saying: “Do you need to go to the potty?” (They usually say “no.”)
- Punishing accidents.



**How can  
you prevent  
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with your  
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## 24 to 36 Months

### Preventing Arguments

♥ Toddlers are learning independence. They often do not do what you want them to do.

–What you can do:

- Make up a game.

“Who can pick up the blocks faster, you or me? Let’s race.”

- Give her simple choices.

If you ask “Do you want to put your sleeper on now?,” the child will say “No!” Ask instead, “Do you want to wear your blue sleeper or your green one?”





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**What can you do  
when your child  
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## 24 to 36 Months

### Behaving

♥ If you have tried everything else and it has not worked, use “TIME OUT.”

–Use “time out” instead of spanking.



–Choose a “time out” place carefully.

- A room.
- A chair.
- A rug.

–A “time out” will be short—  
1 minute for each year of  
age (3 minutes for a  
three-year-old).

–Tell him about “time out” before  
a rule is broken.

–Tell him why “time out” is  
being used.

–Tell him how long he must  
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–Stay calm.

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**What is  
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## 24 to 36 Months

### Child Abuse

♥ Child abuse is:

–Hurting a child:

- pinching.
- hitting.
- hard spanking.
- shaking.

–Putting a child in a closet or locked room.

–Not providing:

- food.
- clothing.
- love.

–Using harsh or mean words that make your child feel unloved.

♥ Child abuse makes a child feel

- unloved.
- hopeless.

♥ Your child will benefit from your teaching him in loving and nonabusive ways.





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**Why talk with  
and listen to  
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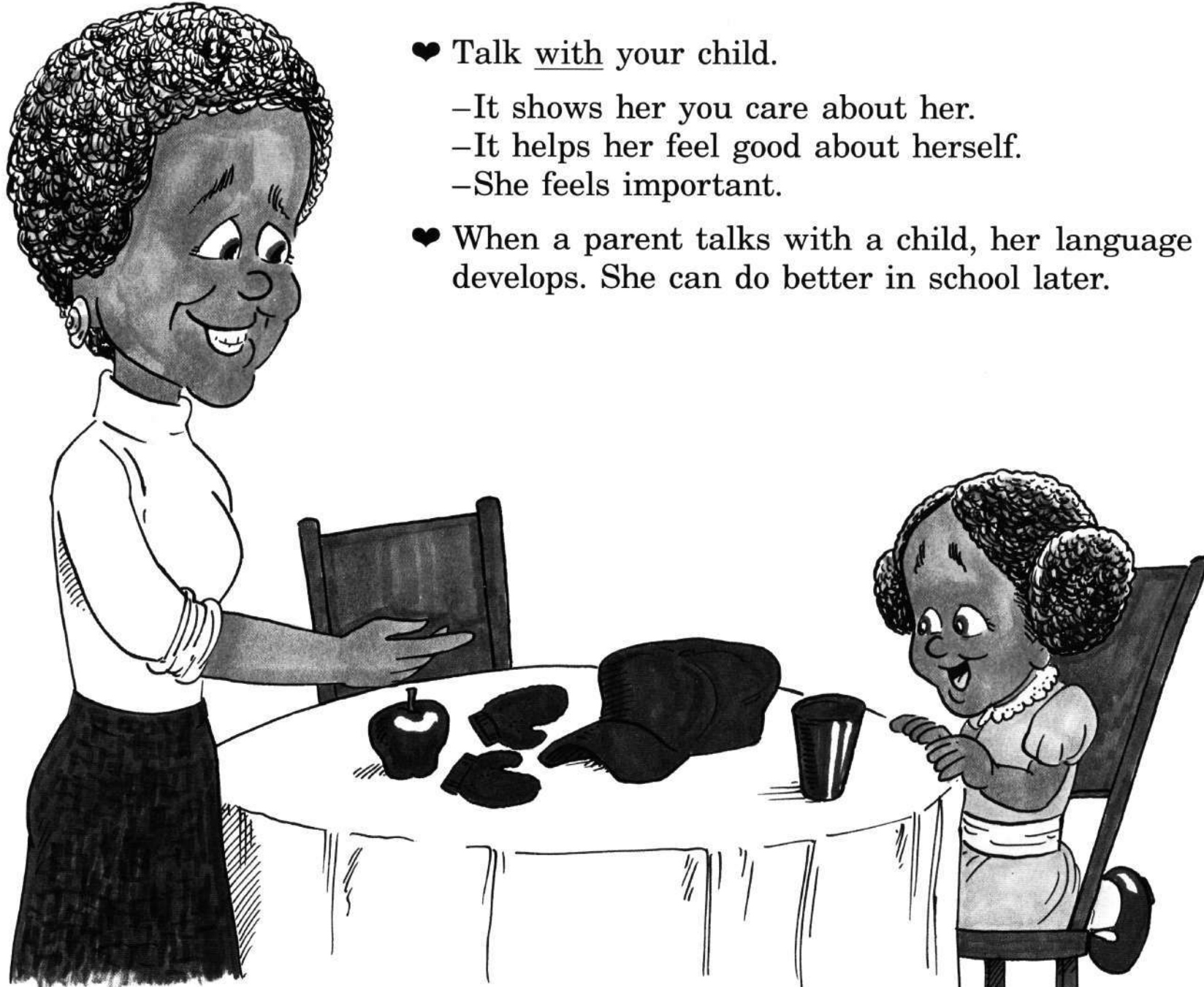


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## 24 to 36 Months

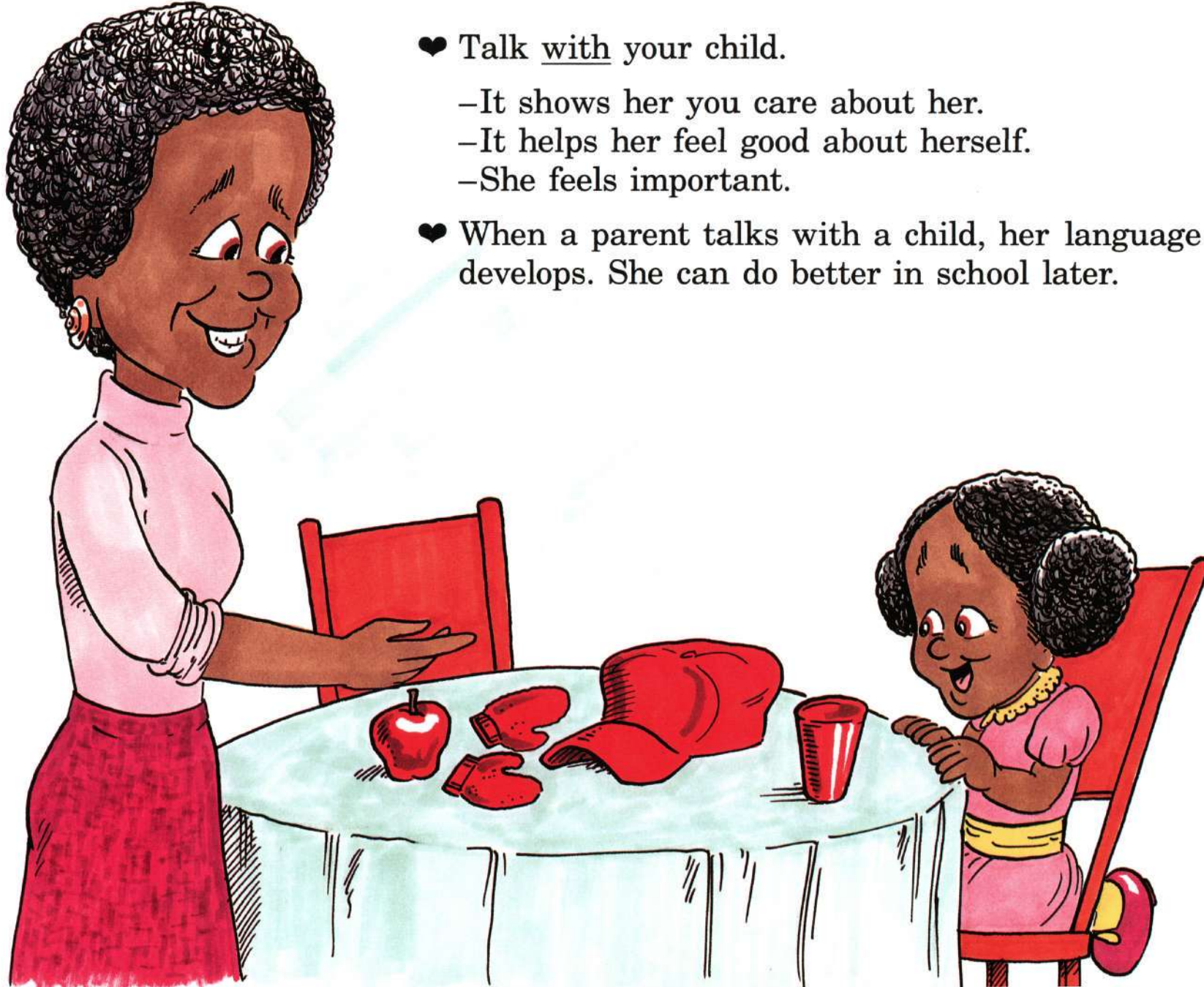
### Talking and Listening



- ♥ Talk with your child.
  - It shows her you care about her.
  - It helps her feel good about herself.
  - She feels important.
- ♥ When a parent talks with a child, her language develops. She can do better in school later.

## 24 to 36 Months

### Talking and Listening

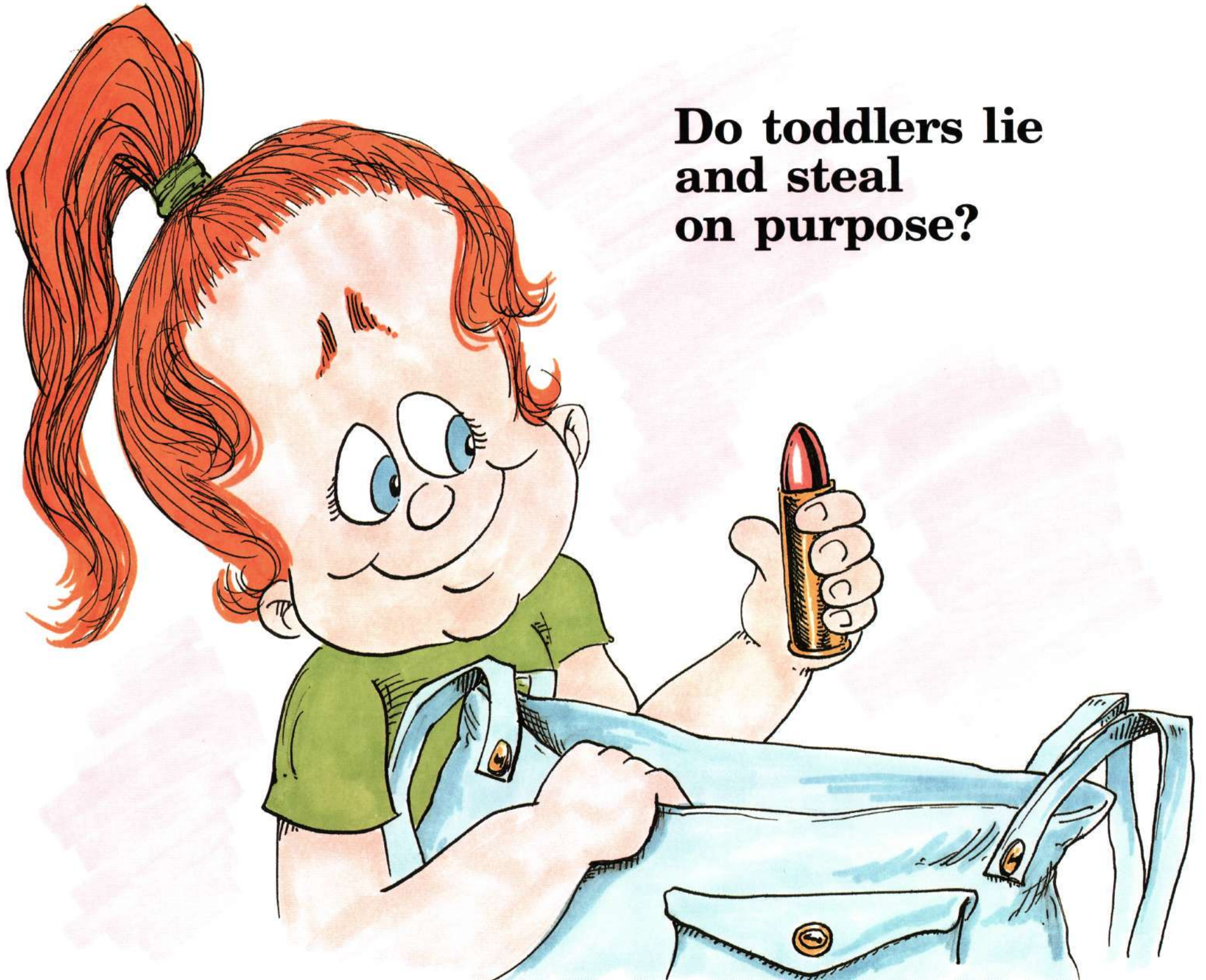


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**Do toddlers lie  
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## 24 to 36 Months

### Lying and Stealing

- ♥ They are not always able to tell what is real and what is unreal.
- ♥ Toddlers do not understand about lying or stealing.

#### ♥ Lying

- Many toddlers make up stories.
- Adults may think they are lying.

#### What to do

- Accept the untruth as a story.
- Say "That is a funny story. Tell me what really happened?"
- This will help her know what is real and what is unreal.
- Avoid calling her a liar.





## 24 to 36 Months

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## 24 to 36 Months

### Stealing

#### ♥ Stealing

- Toddlers think it is OK to take things.
- In the family, many things belong to the whole family.
- Toddlers do not know about property rights.

#### What to do

- If she takes things from a store, take her back to the store to return the items.
- If you pay for an item, have her pay you back by doing a job for you.
- Tell her items need to be paid for with money.



## Stealing

### ♥ Stealing

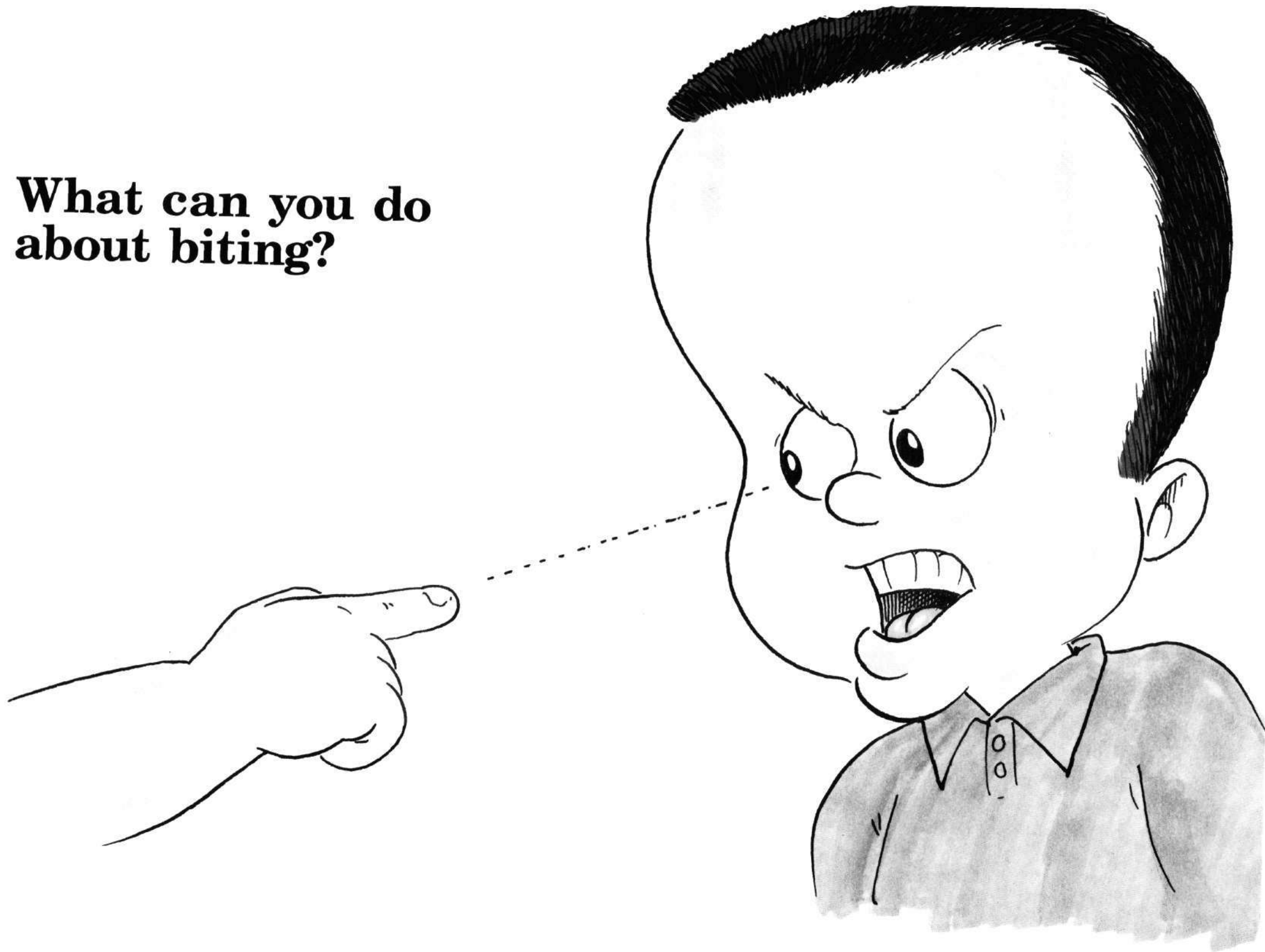
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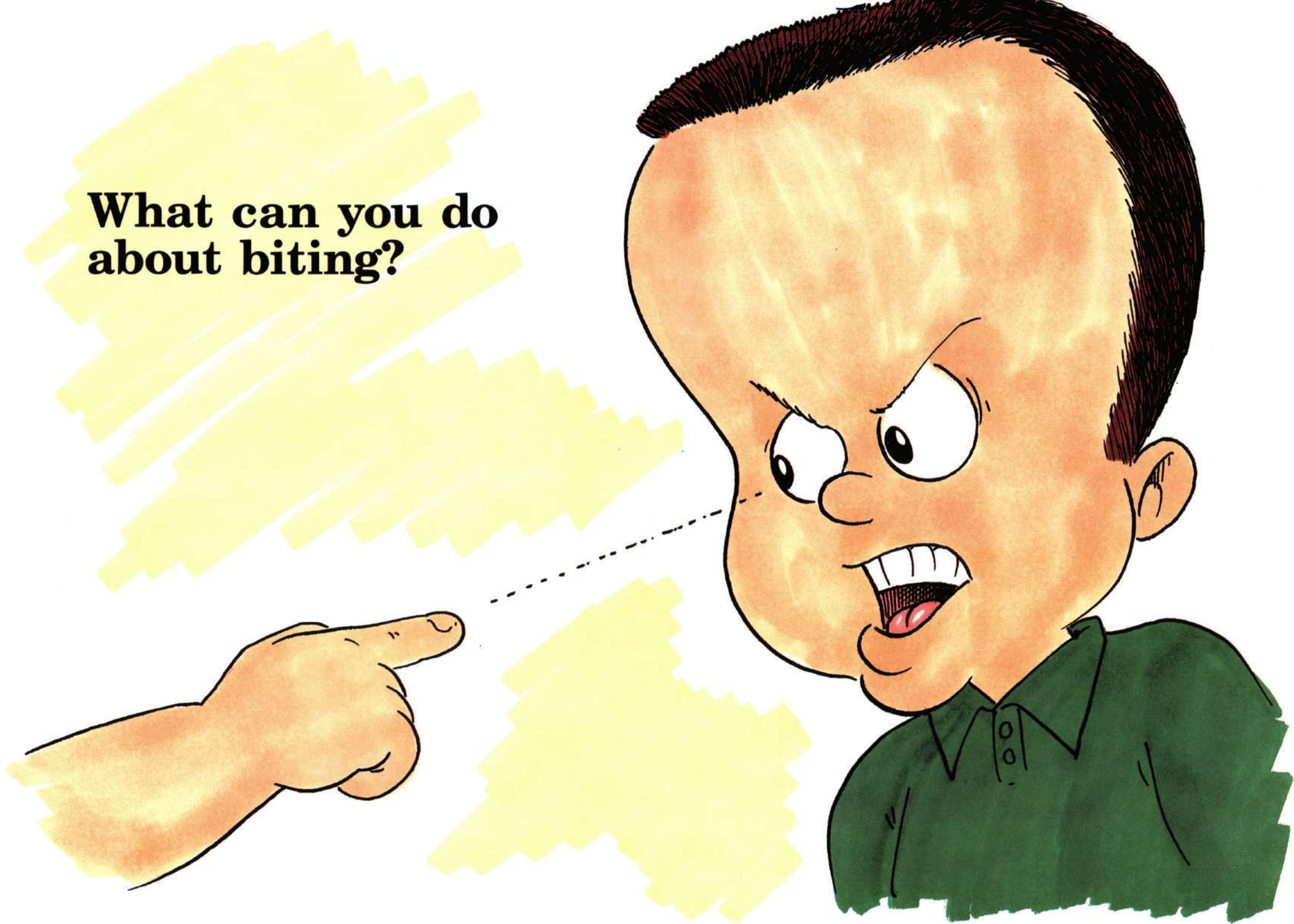
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**What can you do  
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## 24 to 36 Months

### Biting

♥ A toddler will bite when:

- There is too much tension.
- He does not know how to use words to express anger.

What you can do

- Take him to a quiet, safe place.
- Say "Stop. Biting hurts. I cannot let you bite."

Tell him to use words to show his anger.

- "Stop that!"
- "No!"
- "I don't like that."

Praise him when he uses words to show his anger.



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