

# Want to find out more?

## Useful Websites & Organisations

### ● [www.cry-sis.org.uk](http://www.cry-sis.org.uk)

Cry-sis, for advice if your baby cries a lot or doesn't sleep. Helpline 08451 228 669

### ● [www.bbc.co.uk/parenting/your\\_kids](http://www.bbc.co.uk/parenting/your_kids) See 'Toddlers' section

### ● [www.e-parents.org](http://www.e-parents.org)

the National Family & Parenting Institute – has a good list of other websites, books and leaflets for parents who are having a difficult time with their children

### ● [www.raisingkids.co.uk](http://www.raisingkids.co.uk)

Click on '1-4 years' and see 'Toddler Behaviour'

## Helplines, Advice & Information

### ● Parentlineplus 0808 800 2222

### ● [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

### ● Manchester Children's Information Service 0800 083 7921

(Also provides details of Parenting courses in Manchester)

### ● [www.manchester.gov.uk](http://www.manchester.gov.uk)

(follow links for 'Children & Families' or 'Parents')

\* In this leaflet, the term 'parent' includes carers, such as grandparents, foster carers or step-parents

# NHS



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\* This tip sheet is one of a range of resources produced as part of Manchester's Parenting Strategy.



For more information and support, you could try talking to your:

- HEALTH VISITOR
- SURESTART
- CHILDREN'S CENTRE
- GP

## Books

Find books on looking after babies and toddlers at your local library. Here are two you could look for:

- **Toddler Taming Tips**  
Christopher Green (2003)
- **Happy Children through Positive Parenting**  
Elizabeth Hartley-Brewer (2005)

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ਵਿਰਪਾ ਕਰਕੇ 'ਚਿਲਡਰਨ ਇਨਫਰਮੇਸ਼ਨ  
ਸਰਵਿਸ' ਨੂੰ 0800 083 7921 ਤੇ ਫੋਨ ਕਰੋ

للحصول على هذه المنشورة باللغة العربية الرجاء  
الاتصال بالهاتف بدائرة معلومات الأطفال على  
الرقم 0800 083 7921

Si aad ku hesho nusqada warqad yarahan iyadoo  
af Soomaali ah fadlan telefoon u dir Adeega  
Warbixinta Caruurta ee 0800 083 7921

اگر آپ کو ریفلکٹ اردو میں چاہئے تو چلڈرن انفارمیشن سروسز کو 0800 083 7921 پر فون کیجئے۔

لطفاً برای دریافت این جزوه به زبان فارسی یا سرویس اطلاعات کودکان  
(Children's Information Service) به شماره 0800 083 7921 تماس بگیرید.

如欲索取這傳單的中文版，請致電 0800 083 7921 聯絡兒童資訊服務

বাংলায় এই লিফলেটের একটি কপি জন্য দয়া করে টেলিফোন করুন বাচ্চাদের তথ্যের সার্ভিসে  
0800 083 7921 এই নম্বরে।

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# TIP SHEET

## FOR PARENTS OF 0-3 YEAR OLDS

# Understanding Children's Behaviour



Babies and young children behave the way they do so they can get their needs met, not to be 'naughty' or wind you up.

They don't have the words to tell you how they are feeling or what they want, but they tell you with their behaviour.

**Plan ahead** to prevent problems. Don't expect too much of them when they are still only little.

Use **love, praise** and **attention** to get them to do what you want.

You'll find it works much better than anger and criticism.

● The hardest time for many parents is when children are between two and three years

- Tantrums peak at this age, though they can start earlier. They tail off by the age of five, when talking becomes easier

