

Want to find out more?



TIP SHEET

FOR PARENTS OF **0-3** YEAR OLDS

HELPLINES & WEBSITES

- **Manchester Children's Information Service**
0800 083 7921
www.manchester.gov.uk/children/parents
– for copies of tip sheets and other leaflets, parenting courses and local services/events
 - **Parentlineplus**
0808 800 2222
www.parentlineplus.org.uk
 - www.bbc.co.uk/parenting
 - www.parentscentre.gov.uk
 - www.talktoyourbaby.org.uk
 - www.cry-sis.org.uk
(if your baby cries a lot or doesn't sleep)
- Helpline 08451 228 669**



Visit your local library for more information and access to the internet

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

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

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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 یہ معلومات اردو میں چاہئے تو چلڈرن انفارمیشن سروسز کو 0800 083 7921 پر فون کیجئے۔

لصفا برای دریافت این جزوه به زبان فارسی با سرویس اطلاعات کودکان

(Children's Information Service) به شماره 0800 083 7921 تماس بگیرید.

如欲索取這份中文版，請致電 0800 083 7921 聯繫兒童資訊服務

বঙ্গলায় এই নিবন্ধটির একটি কপি কনসারভেটর বা কম্পিউটার থেকে বা কলেক্টর থেকে ০৮০০ ০৮৩ ৭৯২১ এ ই-মেল করুন।

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Helping your Baby & Toddler to be Happy

Parents* are very important! You are the **centre** of your child's life in the early months and years.

Almost everything they **learn** comes from their relationship with you.

Your **love** and **care** gives them security and confidence.

They learn from you about feelings and emotions. You show them how to love, trust and live with other people.

Try to build a **close** and **loving** relationship from the start – and help them grow up strong, independent and happy.



This includes mums, dads or anyone in the role of parent

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



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

How YOU can help ...

FEELING SAFE

Young children feel **safe** when they know what to expect.

Find **routines** which work for you and your baby and stick to them.

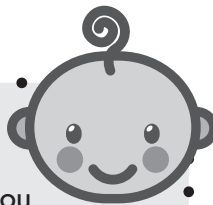
Give them **time** and **attention**. Don't leave them alone too much – keep them **near you** when you are doing chores.

TALK, TALK, TALK!

From the moment they are born your baby learns from you and how you treat them.

Talk to them as much as you can and give them lots of cuddles and affection. When you feed them or change nappies, chat about what you are doing.

Notice your baby's noises and funny faces – smile and talk back to them.



NEW CHILD IN THE FAMILY

Your toddler needs love and reassurance when a new baby comes along.

Don't expect them to 'grow up' suddenly. They still need you just as much.

Give them time to get used to the idea. Tell them if you will be away for the birth.

Try to make any big changes (e.g. potty training or changing where they sleep) before the birth, not at the same time.

Ask people to help with the baby so you can spend time with your older child.

UNDERSTANDING EMOTIONS

You can get to know your child's moods, needs and worries and help them understand themselves.

Talk to them about their feelings. Don't ignore them – tell them it's alright to feel sad, angry or frightened sometimes.



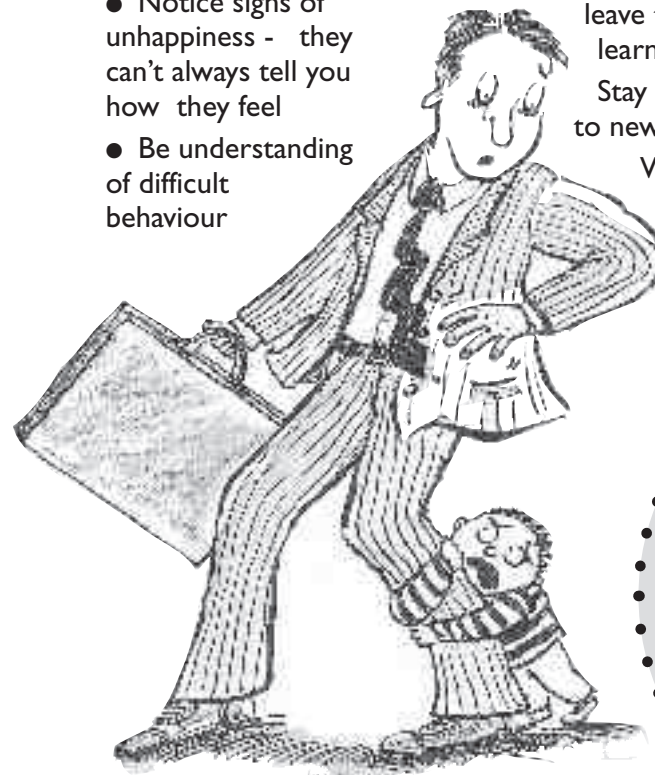
CHANGE, LOSS & FEAR

Many things affect young children's happiness and security, such as:

- Changes in the family (e.g. new child)
- Stress in the family
- Moving house
- Starting or moving school
- Friends or friends going away

When changes or problems come up:

- Give them extra love and reassurance
- Notice signs of unhappiness - they can't always tell you how they feel
- Be understanding of difficult behaviour



LOOK AFTER YOURSELF!



- You will have more to give your child if you look after your own health and well-being.
- Take time for yourself when you can. Stay in touch with people you care about and do things you enjoy.
- Ask family or friends for practical help if you are getting exhausted.
- Get help for your own problems – don't take them out on your child.

LEAVING YOUR CHILD

Babies get frightened when you leave them – they need time to learn that you will come back.

Stay close as they get used to new people and places.

When you leave them somewhere, take time to reassure them. Don't rush away - let them know when you go.

BEING 'CLINGY'

Around 8 months old your child may get more unhappy about separation from you – even if they were alright before.

Don't worry – it's a normal part of growing up – and it can also happen at times of change or upset.