

Want to find out more?

Useful Websites & Organisations

● 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 See 'Toddlers' section

● 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

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

Helplines, Advice & Information

● Parentlineplus 0808 800 2222

● www.parentlineplus.org.uk

● Manchester Children's Information Service 0800 083 7921

(Also provides details of Parenting courses in Manchester)

● 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



MANCHESTER
CITY COUNCIL

* 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)

ਇਸ ਪਰਚੇ ਦੀ ਕਾਪੀ ਪੰਜਾਬੀ ਵਿਚ ਲੈਣ ਲਈ
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

BABIES & BEHAVIOUR

Looking after babies is hard work, but it is your job as a parent to look after their needs.

They can't help crying or not sleeping or not liking particular foods.

- Give babies as much love and attention as you can
- Make your home as safe as possible so they can enjoy challenges without you having to stop them all the time
- With older babies and toddlers, try and distract them rather than have confrontations

● **Try and stay calm. Talk to friends and other parents if you feel stressed**

TODDLERS

Don't expect too much of young children. They are learning so much all the time and they can't always do what you want. If they 'act like a baby', it's because they are still babies!

- Young children won't behave well if they are tired, ill or hungry. Try and prevent trouble by making sure they get enough sleep and feeding them healthy food
- Have clear, simple rules and routines. Stick to them so children know what to expect and you will have fewer battles
- Praise good behaviour all the time and ignore behaviour you don't like as much as possible. Don't only pay attention when they are doing something wrong



● **Parenting courses are a friendly and helpful way to get new ideas. For details of your nearest course, contact 0800 083 7921**



Dealing with tantrums

REALISE WHY THEY HAPPEN

Toddlers are beginning to:

- Know what they want – and have the confidence to say no
- Get bored and test how far they can go
- Want to do more than they're able to
- Have strong feelings they can't describe

PLAN AHEAD TO PREVENT TANTRUMS WHEN YOU GO OUT:

- Keep them occupied. Take a toy, book or snack and chat about what you're doing
- Distract them if you see trouble coming – point out something funny or interesting
- Avoid outings if they're ill & feed them first so they're not hungry
- Be clear what you're going out for – don't promise treats with every outing

When a child is mid-tantrum and out of control:

- Stay calm, hold them close, speak gently, say you realise it's hard for them, and wait for them to calm down. Don't feel embarrassed if other people stare
- **If they scream to make you give into them:**
- Stay quiet and firm and try to ignore them. If you're out in public and they carry on, take them to a more private place



● **After the tantrum's over, cuddle and make up, don't go on about it. Toddlers never plan to 'lose it'. They probably found it upsetting and they need to know you still love them**

