

Instead of Spanking TRY THIS!

Is baby or toddler crying and won't stop?

Has she been fed recently? Is her diaper dry and clean? If yes, try this:

Pick baby/toddler up and hold her chest to chest. (You can't hold baby too much.)

Bounce or rock gently and hum while holding her.

Sing loudly, make a funny, happy face, or swaddle baby and walk with her.

(Touching, holding, rocking, laughing and singing are important for creating a healthy, secure bond between you and your child.)

Remember:
Children make good choices when they are able to!

Is baby or toddler refusing to sit in a chair or shopping cart?

Sitting still for very long is not natural for children. Try and put yourself in your child's place. How would you soothe yourself?

Avoid taking baby shopping when she's hungry or sleepy. (Or, when you are!)

Wear small children in a sling while you shop.

Let child choose which shopping cart to use.

Bring someone with you to walk with your toddler.

Bring a snack and/or a toy that stimulates her hands (as above).

Is baby or toddler having a hard time in the car?

Before leaving, ask your toddler, "What can we do to make it better?"

Try to keep trip short, bring snacks, provide toys that stimulate baby's hands (soft/crunchy/rubbery/bumpy, etc.)

Keep a CD of children's music in the car.

Walk to destination instead of driving. (Walking calms baby's brain—and yours, too!)

If child is really struggling, pull the car over in a safe spot. Go for a short walk together to get some fresh air—this will help.

Is baby or toddler struggling in other ways?

Stop and get down on her level. **Listen to your child**, look in her eyes and calmly try to solve her problem.

Distract child. Do something silly to take her mind off what she was doing.

Redirect. Say something like, "Hey! Would you help me by putting this away?"

Give choices. Let her choose which one she wants. (This gives her a sense of control over the situation.) But, make sure YOU are okay with either choice.

Ask, "How about if we do it together?"

Be a problem solver. A child does not yet have the skills to solve her own problems. Don't punish her for this. Figure out what the cause of the problem is and what the child needs.

Do your best to remain calm and be gentle. Avoid yelling, making scary faces, threats or raising a hand.