Your child's first swear word is usually the result of direct mimicry.

TIP: Try not to react. If it's you she's heard,

admit that you should not have said the word and distract her with a song or a story. In any case, the first time she swears resist the urge to laugh out loud: this will encourage her to do it again.

TIP: Set guidelines and be consistent.

If your child continues to repeat a serious profanity, don't get angry. In a disinterested voice, say, "That's not a

word you may use in this house or around other people." If he persists, completely normal stay calm but respond with thing to do. a swift consequence such as a time-out.

TIP: Set an example.

Be careful with your own language, and remember that your child is a spongehe soaks up what he hears and is eager to share what he learns

Nose picking

He's probably only doing it because it's there, and may not even realize what he's doing, If he has allergies, he may sense there is something inside his nose that's hard to leave alone.

thinks the

or his benefit.

Also his short-

erm memory is not

to say things right

developed, and this

means that he wants

now, before he forgets.

Therefore, the concept

of interrupting makes

no sense to him. And,

whatever directs your

example) is by nature

(a phone call, for

threatening.

attention away from him

TIP: Try a humidifie

Your heating or air conditioning may be drying out the house.

TIP: Avoid punishing

Punishing won't help. Since he may not know he's doing it. gentle reminders when you notice it are better.

TIP: Keep his hands busy.

While watching TV or in the car, give him a rubber hall to squeeze or finger puppets to play with.

Masturbation is a lot like nosepicking. Children do it hecause it's there For toddlers it's not sexual and is a

TIP: React carefully

If you tell your child that what she's doing is dirty or naughty, she may grow up associating sexual feelings with shame and guilt.

The best strategy is to limit the situ in which your child can interrupt your conversations, and to divert his attention whenever he does.

TIP: Schedule calls

Try to make and return calls or plan conversations when your child is napping. You might also redirect her attention by keeping a drawer with special toys and art materials that are used only during these times. Try giving him a toy phone so he can talk to an imaginary friend.

TIP: Choose the right location

Minimize your frustration by going to a quieter room for your conversation or by making plans to meet friends in places, such as a park with a sandbox, where your child can play and you can

TIP: Set a good example

Children copy what they see and hear, so take advantage of this. If you and your partner tend to cut each other off in conversation, end that habit. And do not interrupt your child while she is talking to you, (if you do. stop and say, "Sorry, I interrupted you. Go on.")

Show her how to be polite to others. Basic social graces don't appear overnight.

At one time or another, your child with play with his food, throw his cup and silverware on the floor and refuse to eat what you serve him. Here are some ideas for teaching table manners:

TIP: Don't create a mealtime battleground

Be clear and consistent. but avoid arguing over what he's doing. If he starts to build forts with his potatoes, remove his plate saving that you can see he's finished eating Remind him that food is for eating, not playing.

TIP: Set an example. When you sit down for a meal, concentrate on and enjoy your food, and assume he will too. If he doesn't,

remember that he won't

starve. Active two-year-

serving. Operate on the assumption that everyone is eating what's on the menu, and your child will soon learn to eat what you

TIP: Eat what you are

minds.

Playing Saying with food thank you

into her daily routine is asking too much. Saying please and thank you is still a new skill for your child and one that will take time to learn. TIP: Set the example. Thank her when she does things for you, and say please when asking for assistance. Your child is listening to your words when you least expect it. TIP: Provide praise. Rather than

scolding her for a lack of manners, pour on the praise olds will eat when they when she gets it right. TIP: Don't are hungry. They need an over-react. Try not to make a endless supply to fuel fuss when she forgets. Blowing their growing bodies and up about it could cause her to

resist your efforts to teach her considerate How can I help my child to develop manners?

The best way to encourage a toddler to behave nicely is to model good manners.

Starting early with please and thank you and offering praise for your child's good manners when he demonstrates them will go a lot further than punishment for his failures.

Toddlers have a limit to how long they can sit still. It's unrealistic to think that a young child will remain in her seat for an entire church service or while you are at a meeting, for example

TIP: Keep her busy. Bring along a bag of books,

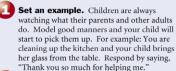
her work quietly while you listen to the service or

TIP: Have an escape plan. Sit near the end of a row

so that you are away from the center of activity. Be prepared to take her outside if she gets antsy

ACTION ITEMS

Tips for teaching manners



Don't over-react. By blowing up, you are showing your child that he can get your attention whenever he wants by performing an act that embarrasses or angers you. Remember to be patient while he is learning what does and does not please you.



Read your child books. Stories that offer lessons on how to have good manners are excellent teaching tools. Examples:

Just Say Please

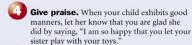
Gina and Mercer Mayer

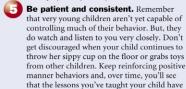
The Berenstain Bears Forget Their Manners Stan and Ian Berenstain

Elmo's Good Manners Game (Sesame Street) Catherine Samuel, et al.

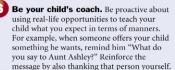
Mind Your Manners

Peggy Parish and Marylin Hafner





actually been applied.



Use your child's favorite characters to help make the point. Children love to be like the characters and people they love most. If your child is in a Barney stage, for example, ask her "What would Barney say if he wanted me to get him a glass of water?" Reinforce good manners by reminding her, "I'm happy to get you what you want when you say please.'

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