Nose picking

It’s probably not doing it because it’s there, and may even resent what he’s doing. If he has allergies, he may sneeze or be something inside his nose that’s hard to leave alone.

**TIP:** Try to accomplish.
Your heating or air conditioning may be drying out the house.

**TIP:** Avoid punishing.
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 ball to squeeze or finger puppets to play with.

Masturbation is a lot like nose picking. Children do it because it’s there. For toddlers it’s not sexual and is a completely normal thing to do.

**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.

**ACTION ITEMS**
Tips for teaching manners

1. **Set an example.** Children are always watching what their parents and other adults do. Model good manners and your child will start to pick them up. For example: You are cleaning up the kitchen and your child brings her glass from the table. Respond by saying, “Thank you so much for helping me.”

2. **Don’t over-react.** By blowing up, you are drawing your child’s attention. Instead of performing an act of embarrassment or anger you. Remember to be patient while he is learning what does and does not please you.

3. **Read their child’s books.** Stories that offer lessons on how to do good manners are excellent teaching tools. Examples:
   - Just Say Please
   - Ginn and Mercer Mayer
   - The Berenstain Bears Get Their Manners
   - Stan and Jan Berenstain
   - Elmo’s Good Manners Game (Sesame Street)
   - Catherine Saunders, et al
   - Mind Your Manners
   - Peggy Parish and Martin Luther Haring

4. **Give praise.** When your child exhibits good manners, let her know that you are glad she did by saying, “I am so happy that you let your sister play with your toy.”

5. **Be patient and consistent.** Remember that every child needs both the opportunity to control much of their behavior. But, they do watch and listen to you very closely. Don’t get discouraged when your child continues to throw her sippy cup on the floor or grab toys from other children. Reinforce positive manners by showing over time, you’ll see that the lessons you’ve taught your child have actually been applied.

6. **Be your child’s coach.** Be proactive about using real life opportunities to teach your child what you expect in terms of manners. For example, when someone offers your child something he wants, remind him “What do you say to Aunt Ashley?” Reinforce the message by also thanking that person yourself.

7. **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 to get him a glass of water?” Reinforce good manners by reminding her “If you want to get what you want you have to ask please.”

8. **In the case of an emergency,** you can interrupt your conversation, and you can divert your attention whenever they do.

9. **TIP:** Don’t create a small talk situation.
Be clear and consistent. Your child should understand what he’s doing. If he starts to build forts with his potatoes, remove his plate saying that you can see he’s finished eating. Remind him that food is for eating, not playing.

10. **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-olds will not get hungy. They need an endless supply to fuel their growing bodies and minds.

11. **TIP:** Eat what you are serving.
Operate on the assumption that everyone is eating what’s on the menu, and your child will soon learn to eat what you make.

12. **TIP:** Keep her busy.
Bring along a rag book, crayons and paper, let her work quietly while you listen to the service or meeting.

13. **TIP:** Have an escape plan.
Set near the end of the row so that you are away from the center of activity. Be prepared to take her outside if she gets anxious.