Bad language

Nose picking

It’s not so bad if you’re trying to offload a cold, or you’re trying to cut out any stuffiness. But if you’re trying to offload a cold, or you’re trying to cut out any stuffiness.

TIP: Try to react. If you’re trying to offload a cold, or you’re trying to cut out any stuffiness, you’re not going to succeed. If you’re trying to offload a cold, or you’re trying to cut out any stuffiness.

TIP: Set guidelines and be consistent. If you’re trying to offload a cold, or you’re trying to cut out any stuffiness, you’re not going to succeed. If you’re trying to offload a cold, or you’re trying to cut out any stuffiness.

TIP: Keep your activity levels high. If your child is trying to offload a cold, or you’re trying to cut out any stuffiness, you’re not going to succeed. If your child is trying to offload a cold, or you’re trying to cut out any stuffiness.

TIP: Set a reasonable schedule. If you’re trying to offload a cold, or you’re trying to cut out any stuffiness, you’re not going to succeed. If you’re trying to offload a cold, or you’re trying to cut out any stuffiness.

TIP: React quickly. If your child is trying to offload a cold, or you’re trying to cut out any stuffiness, you’re not going to succeed. If your child is trying to offload a cold, or you’re trying to cut out any stuffiness.

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, if you’re eating dinner, make sure you’re polite to the table and sit at the table.

2. Don’t over-react. By overreacting, you are teaching your child that he or she has to react in a certain way to get your attention or to make you react. Remember, you’re patient and he’s learning what does and does not please you.

3. Read your child’s books. Stories that offer lessons on how to behave are excellent teaching tools. Examples:

- Just Say Please
- Gina and Mercer Mayer
- The Berenstain Bears Meet Their Manners
- Stan and Jan Berenstain
- Elmo’s Good Manners Game
- Sesame Street
- Catherin Small, et al
- Mind Your Manners
- Peggy Parish and Marjory Haffner

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

5. Be patient and consistent. Remember that very young children aren’t yet capable of controlling 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. Keep reinforcing positive manner behaviors and, 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 me to get him a glass of water?” Reinforce good manners by reminding her.”If I’m happy to get you what you want when you ask please.”

Saying thank you

Playing with food

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 small battlefield. Be clear and consistent. Help your child understand what’s expected and how 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.

TIP: Set an example. When you sit down for a meal, concentrate on and enjoy your food, and assume you’ll do the same. If he doesn’t, remember that he won’t suffer. Active two-year-olds will not always be hungry. They need an endless supply to fuel their growing bodies and minds.

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

Sitting still

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.