



POSITIVE DISCIPLINE



for infants 0-12 months

Infants are too young to know right from wrong. It is your job to teach and guide infants to help them adjust to the world around them.

Developmental Awareness

Infants may:

- Smile, use gestures, and babble in response to parents or caregivers.
- Be wary of strangers at approximately 6-8 months.
- Mouth toys and hands to learn about their environment.
- Use hands to explore by pulling, poking, reaching, and grasping.
- Start to physically explore their surroundings by rolling, crawling, and walking.
- Start to develop eating and sleeping habits.

What you might expect

Crying

What your infant might be trying to tell you

"Crying is my only way to tell you when I am hungry, tired, hurt, hot/cold, upset, or sick. You will get to know my cries." "The way you respond to me tells me how you feel about me."

Mouthing & Reaching

"The world and everything in it is new to me. I use my mouth and hands to explore toys, faces, and anything I can reach to learn about my environment." "Please keep my world safe as I don't know what is harmful yet."

Attachment to parent or caregiver

"If I cry when you leave, this is my way of telling you I love you." "Please reassure me that you are coming back and don't make goodbyes too long and drawn out. I will calm down and will be happy to see you when you get back."

Starting to move

"I am starting to crawl and move around. I am very quick and curious. I seem to get into everything!" "Please keep my world safe, watch me carefully and allow me to explore."

Planning for Positive Discipline

Baby-proof your home.

Always be concerned about safety. Keep valuables, breakables and chemicals away from infants so they can safely explore their environments. For example, obtain cupboard locks for chemicals and other hazards.

Establish routines.

Infants tell time by routines, not by the clock. Try to keep your infant's routine as consistent as possible. Make routines for the day so your baby will get used to doing things at certain times.

Respond to your infant's needs.

During the first year, infants are learning to trust their parents and caregivers. You can't spoil a baby by picking him up when he cries. Your baby develops a growing trust if you feed, care for and respond to their needs and love them.

Build a positive relationship.

Spend quiet time reading, singing, or talking to your infant every day. Imitate his or her sounds and facial expressions. Play with your baby using all senses (sight, touch, hearing, smell and taste) to help your baby learn.

What to do when...

Your infant is doing something you don't want her to do:

Use a nurturing touch to redirect your infant from danger. Verbal direction includes using simple words or gestures to redirect her attention.

Your infant is playing with something he shouldn't:

Interest your infant in something else. If he is playing with a dangerous object, substitute it with a safe toy.

Your infant is crying:

Respond to your infant's cry by checking to see if he is wet, safe, hungry, hot or cold.

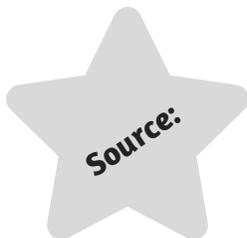
Hold and cuddle your baby to show him you are there when he needs you. Some babies cry more than others and this can be overwhelming.

Don't forget,
it's okay to
ask for help!

Remember...

Never shake a baby! Shaking a baby can result in a neck whiplash, back and other bone injuries, paralysis, permanent brain damage and sometimes death.

Nobody's perfect... Positive Discipline takes time, patience, and consistency, but our children are worth it!



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