

**The Guiding Childhood Behavior Series
has pamphlets on the following topics:**

- **biting**
- **crying**
- **discipline**
- **lying**
- **going to the store**
- **stealing**
- **teaching independence**
- **temper tantrums**
- **toilet training**

**Contact the Kent County Health Department
if you would like to know more about these or
other childhood behavior topics.**

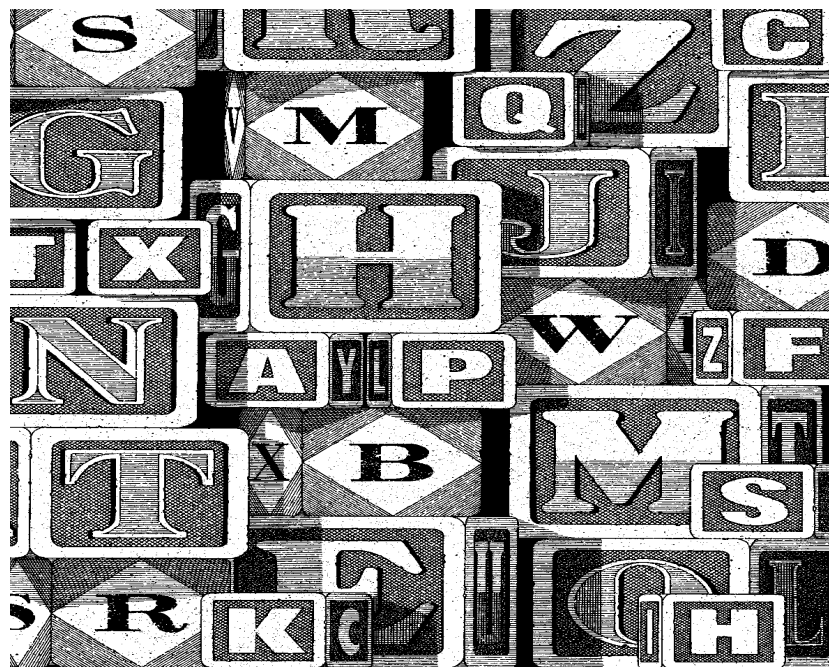
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Copies of this brochure are available on the Kent County
Health Department web site at
www.co.kent.mi.us/health/publications.htm

DISCIPLINE

Children, Ages 0-3

Guiding Childhood Behavior Series



This pamphlet tells you:

- **why your baby is crying.**
- **how to use the word "no."**
- **how to use time-outs.**

Under One Year of Age



Do not think about discipline or punishing your baby at this age. Instead, teach and help your baby to be safe. Make a room safe where he can play with any of his toys. Be sure to keep medicines, cleaning products, small things he could put in his mouth, and cords out of his reach. Pick your baby up and move

him to a different room if he is playing with something that is not safe. You can also give him a safe toy in place of the unsafe object. But, remember that each child is different. What works for one child may not work for another child.

If Your Baby Is Crying

All babies cry. This is normal and healthy. Crying is your baby's way of telling you what he needs. If your child is crying, he may be telling you that he:

- Needs his diaper changed.
- Is hungry and wants to be fed.
- Needs to be held and loved.
- Is tired and needs to go to sleep.
- Is sick or is hurt.

Sometimes there is nothing you can do to make your baby feel better. This can make you very upset. If you start to get mad, give yourself a time-out. Time-out can be a “cooling off” period. During your time-out you can:

- Take long, deep breaths.
- Put your child in a safe place like his crib or playpen.
- Call a friend.
- Call the Parent Hotline, 24-hours a day, at 1-(800) 942-HELP.

Thirteen to Thirty Months

Give your child a few clear and simple rules. He will need to be reminded of the rules often. Only give him rules that you will make sure he follows. Let him know when he does something wrong, but be sure to hug your child to remind him that you love him anyway.

He will want to touch everything and there will be accidents. Don't discipline your child for an accident. Remember that he is starting to learn more about himself and things around him. Let your child know you love him no matter what he does. Tell him and show him that you love him. Do something special with your child each day. This may prevent your child from acting up as often.

Using The Word NO!

The word "no" is hard for your child to learn. Help him by:

- Telling him what he did that you did not like.
- Telling him the right thing to do.
- Giving him a new toy or game to play with if he has something he should not have.



Using Time-Out

If your child is acting up, use time-out. Sit your child down for two or three minutes and do not allow him to play. Time-out can help your child learn what will happen to him if he does not follow the rules. When you use time-out, be sure to:

- Use a safe room, one that does not cause him to feel afraid.
- Keep him in time-out one minute for every year of age.
- Tell him what time-out is and why you are using it.