

Positive Discipline through Ages and Stages

(adapted from the Parenting Kit, 1998)

Your Baby: Birth to 12 Months

Positive discipline starts when your baby is small, as you: form a loving and close bond, baby proof your home and set routines.

As your baby grows and is able to move around, he will start to need limits and also learn to expect some regular events ...

- ✓ When you drive in the car, she rides in her car seat
- ✓ When you cuddle in the rocking chair, it is time to sleep
- ✓ When he goes for the fireplace, you scoop him up and take him away

As they learn the patterns in their world, they will learn to understand and follow simple rules and routines.

Safety First!

As a baby and a toddler, your child will need you to keep her out of trouble and safe.

Keep your baby as safe as you can by baby proofing carefully.

Always watch your baby.

Try to show your baby something else when he wants to explore something you don't want him to get into.

Be patient – he won't always be this little!



Remember this ...

Babies can't understand and follow rules, but parents can start discipline now by loving their baby and setting regular patterns so the baby begins to remember.

For more information on parenting and positive discipline, contact your local Northwestern Health Unit office, or phone the Healthy Babies Healthy Children Program toll free at 1-800-465-4377



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