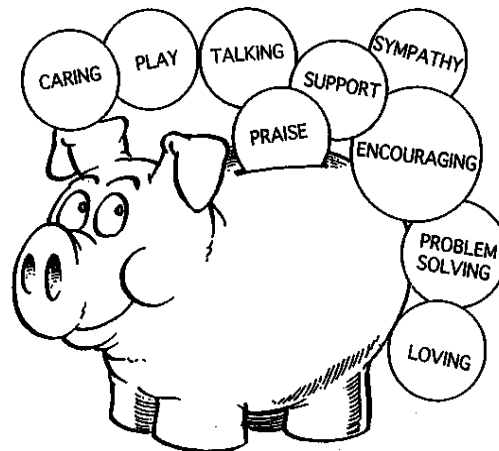




REFRIGERATOR NOTES

ABOUT PRAISING YOUR CHILD

- Catch your child being good—don't save praise for perfect behavior.
- Don't worry about spoiling your children with praise.
- Increase praise for difficult children.
- Model self-praise.
- Give labeled and specific praise for behavior you want to see more of
- Make praise contingent on behavior.
- Praise with smiles, eye contact, and enthusiasm.
- Give positive praise.
- Praise immediately.
- Give pats and hugs and kisses along with praise.
- Use praise consistently.
- Praise in front of other people.



Remember to Build Up
Your Child's Bank Account



REFRIGERATOR NOTES ABOUT TANGIBLE REWARDS

- Define positive child behavior you want to see more of.
- Make the steps small–be realistic.
- Choose no- or low-cost rewards.
- Get the appropriate behavior first, then reward.
- Give the reward immediately after the behavior.
- Reward everyday achievements.
- Gradually replace rewards with social approval.
- Predict success for your child.
- Don't mix rewards with punishment.



NOTE: For young children (2–3 years) surprise or spontaneous rewards such as a hand stamp or special sticker is all that is needed. More complex sticker charts can wait until 5–6 years of age.





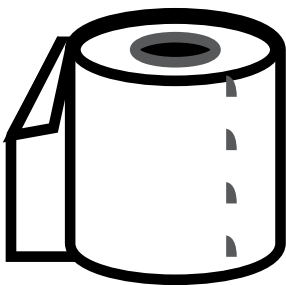
REFRIGERATOR NOTES

Toilet Training

Most children are trained by three years but don't worry if your 3-year-old isn't trained; some children aren't ready until they are four years old. If your child shows signs of readiness you can begin toilet training about 2-½ years. Avoid rushing or getting into power struggles over this. Do this training when you have the time and patience and don't have too many other family pressures.

Signs of Readiness

- your child can stay dry for 3 hours or more
- your child recognizes the signs that she has to go
- your child can pull down her pants down and up by herself
- your child seems interested or motivated to become potty trained
- your child is imitating others going to the bathroom
- your child can follow simple instructions



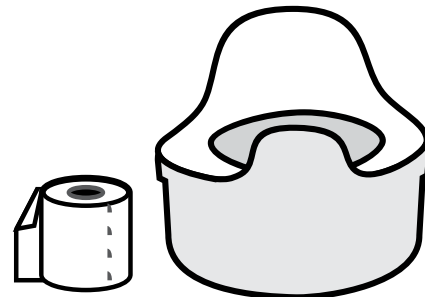


REFRIGERATOR NOTES

Starting Toilet Training

- Dress your child in clothes that are easy to get undone such as elastic-wasted pants
- Use a child-sized potty chair or special adaptor seat with a stool
- Create a routine for sitting on potty—start by seating your child fully clothed once day, whenever s/he is most likely to have a bowel movement
- Progress to sitting your child on the potty bare-bottomed. Don't restrain or force your child to sit there
- Let your child watch you or older sibling go to the bathroom
- Show your toddler how you use the toilet paper, flush the toilet and wash your hands
- Praise your child every time she uses the potty seat, or you check and she has dry pants
- Set up a schedule for going to the bathroom
- Make sure your child knows it's okay to ask for help to go to the potty anytime
- Teach your child how to clean and wash hands after going to the potty
- Expect set backs; don't make a big deal out of mistakes such as wet beds or accidents—stay calm and positive, "it's okay, next time I bet you will use the potty chair"
- Once training is established, consider using training pants as this allows a toddler to undress by himself; introduce them gradually maybe for a few hours at a time
- Keep using diapers at night; even though your toddler is dry during the day, it can take months or years before children are dry at night

I expect accidents





REFRIGERATOR NOTES

Tips to Establishing Your Toddler's Healthy Sleep Habits

- Set bedtime and regular nap times to regulate sleep patterns.
- Choose a bedtime that fits your family schedule and stick to it as much as possible.
- Establish a bedtime routine such as:
playtime, bath, pajamas, tooth brushing, story, song and kiss good night.
- Praise your child for staying in his own bed all night.

