

Early Conversations



- Keep a strong attachment with your children. We bond when they are babies, continue the hugs or the snuggles. Nurture a caring and loving relationship with your toddlers and preschoolers.
- When talking about any issue, keep the communication positive. Rather than telling them what NOT to do, tell them what TO do.
- Keep discipline consistent. This builds a foundation for the teenage and rebellious years.
- Have a creative stock of “defiance busters.” When a child will not follow directions, or is arguing, how can you halt the behaviors without yelling? Try:
 - Laughter
 - Offering 2 positive choices
 - Redirecting

- When talking to your children, stay calm.
- Listen to your children and answer their questions no matter how silly they may sound.
- If a child asks you a question that you do not know the answer to, be comfortable with saying, “I do not know, but I will find out the answer for you.”
- Begin talking to your children early and continue talking to them regularly about medicines, safe and unsafe items, and their “whys.”
- Do fun activities with your children/ establish and keep family rituals. This helps them develop a healthy lifestyle early.
- Remember you do influence your children’s behavior, tell them what you expect of them and have family rules.
- Be a role model, children often follow what you do more than they follow what you say.



Teach your child to solve problems:

1. Stop the child and ask “what will happen if you do that?”
2. “Tell me how you can solve this problem.”

Help your child manage anger. Teach the Stop and Think approach

When your child is frustrated, confused, etc. follow these steps:

1. “Take a deep breath.”
2. “Tell me what you need.”
3. “Tell me how you and I can solve this problem.”