

The **EDGE** on parenting



March 2012

Sleep Patterns

- Make your baby's room comfortable
- Work on a regular pattern for sleeping and feeding, even if the times vary a little each day
- Develop a bedtime routine
- At each opportunity, put your baby to bed while they are still awake
- Place your baby on their back to sleep
- Avoid being present when your baby falls asleep
- When your baby stirs or cries out in the night wait and listen before tending to them, so they can learn to settle themselves. Never leave a baby to cry for more than a few minutes
- In the first 6 months, you will need to comfort your baby if they wake up during the night-attend to them with little fuss and keep the light low
- Encourage your baby to rest or play quietly when they wake in the morning
- Rest when you can and look after your own needs

Sunrays

“The best inheritance a parent can give his children is a few minutes of his time each day.”

- O. A. Battista

Raising Confident, Competent Children

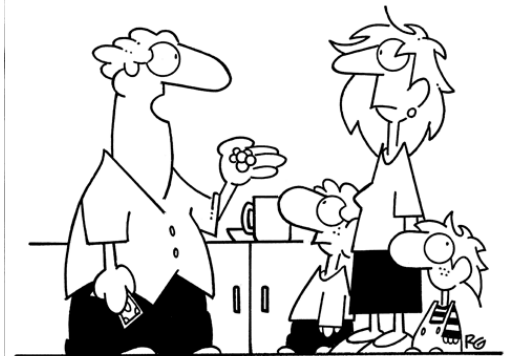
- Encourage your child to show respect
- Encourage your child to be considerate of other's needs
- Help your child become a good communicator and develop their social skills
- Help your child develop healthy self-esteem
- Teach your child to become a good problem solver
- Promote independence by encouraging your child to take responsibility and do things for themselves

Family Time

Meals together as a family-Communication starts before meal time and continues afterward. Have kids help in preparations and in clearing and cleanup, not presented as a chore but as part of a group effort. Their participation makes them feel valued and respected. Research has shown that parent involvement is a protective factor against adolescent tobacco use, depression, eating disorders, academic achievement, and other problems. By staying connected with their children and teenagers, parents can be a source of support, create a climate for discussing tough issues and serve as a role model for responsible and empathic behavior.

www.aboutourkids.org

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“I found \$3.29 under the sofa cushions this week. If we get 10 more sofas, we can pay for a year of college!”

Milestone Minute

3 Year Olds:

- Beginning to learn to take responsibility
- Begins dramatic play- acting out whole scenes
- Developing ability to stand frustrations
- Interested in other peoples feelings

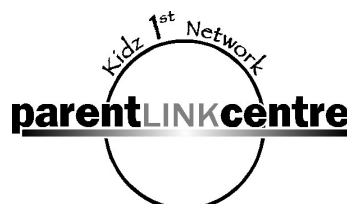
Up and coming...

Tween Parenting Seminar
March 31st
10 am-4 pm

We will explore some ideas and tips on how to build positive relationships with your 8-14 year olds

For more information please
contact **403-207-7060**

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