



# Wings

A Weekly Newsletter for Families

October: Week 2  
Reading/Literacy

“I think of life as a good book. The further you get into it, the more it begins to make sense.” – Harold Kushner

## How to Give Your Child Instructions

Kids are less likely to misbehave if you give them simple, clear instructions. Some ways to do this are:

- Keep instructions short and to the point.
- Make them fit the child’s developmental level. Use the child’s age as a guide – use the same number of words as their age. For example, for a 2-year-old, say, “Sit here.”
- Be a role model – use your manners and say please and thank you.
- Never frame an instruction as a question – don’t give kids a chance to opt out.
- Give your child simple choices. For example, ask if they want to wear a blue coat or a red one.
- Get your child’s attention before giving instructions. Get down on their level, say their name, make eye contact, gently touch their arm and use a stronger voice so they notice the difference in your tone.
- Praise your child for following instructions or at least trying to.



## •• INFANT Inspiration

Managing Baby Behavior

Most things babies do that seem like bad behavior – like spilling a glass of juice or knocking food off their high chair – are about experimenting and becoming independent.

So, be realistic about your child’s behavior. Set gentle consistent limits when you need to.

- Remove temptation. For example, put things out of reach of your baby so they can’t get into trouble.
- Distract, distract, distract! If your child is doing something you don’t want them to do, distract them just by talking to them or offering another activity.
- Make sure babies get plenty of sleep. If they’re overtired, they are harder to handle.
- Just ignore it. Don’t make eye contact or scold, which can highlight behaviors.

## •• TODDLER Tales

Introduce Consequences in Three Steps

Parents magazine advisor Ari Brown, MD, says that even very young kids can learn consequences for their behavior.

- Step 1: Establish a rule
  - Step 2: Threaten a consequence whenever your child is about to break the rule
  - Step 3: If your child ignores your threat, enforce the consequence right away
- For example, tell your kids they can’t climb on furniture and will be put on the floor if they do climb it. If do it anyway, pick them up and put them on the floor immediately.

Sounds easy, right? It may take a while for a rule to sink in. If you stick with this method – and do it consistently – your child will learn to follow rules or get the consequences.

## •• PRESCHOOL Power

Help Your Preschooler’s Personality Grow

Parenting that is sensitive and responsive to your child’s individual strengths and needs can encourage healthy personality development. Here are some things you can do to gently influence a child’s budding personality.

- Encourage play. It helps kids develop physically, mentally and emotionally. It teaches them to work in groups, settle conflicts, develop their imagination and try on different roles.
- Avoid labels like shy, bossy, emotional and tough.
- Set an example by modeling traits like being polite and sharing.
- Let your child be himself or herself – not an image of you.
- Read to your child and limit TV and screen time.
- Support your preschooler’s interests and broaden their experiences.

