



# Fair Rules for your Terrific Toddler

- **Safety**

When your Terrific Toddler is playing on their own, cover or remove potential dangers in the room. These include open sockets, trailing wires, or cables, sharp edged furniture, glass or ornaments.

- **Be Consistent**

Try to be consistent and strike a balance: too strict and they might become inhibited, uncooperative, or scared to show initiative; too laid back and they may get out of control.

- **Be Reasonable**

Don't put sweets on a table near a three-year old and then expect them not to want to eat them.

- **Mean it!**

Avoid unrealistic, sweeping statements i.e. 'You'll never have another sweet if your naughty' or 'If you say "only one more sweet" then that should mean only one more sweet!



# Sure Start Children's Centres

Hartlepool

- **Give clear, simple instructions**  
'You can have a banana when you have finished all your lunch'.

- **Don't nag; they'll stop listening**  
'I've told you again and again, no more sweets if you carry on.'

- **Be understanding and loving**  
If you've told your child no sweets and he eats one you mistakenly left lying around, let them know that you realise it must have been too hard to resist and give him a hug. He'll learn a lot if you admit you made a mistake.

- **Don't talk them down to others, in front of them**  
'He's terrible, he never stops eating sweets'.

- **Respect their point of view and involve them in decisions**  
'What do you think about sweets on Saturdays, and none the rest of the week?'

- **Punishments should be immediate and in proportion, then forgotten. Show them they're still loved.**  
Although it's tempting to shout or smack, don't! This only makes it worse and sets the wrong example.

- **Give yourself a break**  
Get a babysitter and go out together. Remember you had a life before your children. If your happy, they're happy.

**First Contact**  
and

**Support Hub**

01429 284284

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Ref: Little baby books  
Heads-up lookers and communicators

To find your nearest children's  
centre call: **01429 284284**

