Discipline

When Your Child is 1 to 2 Years Old

At this age your child:
- Is getting more independent
- May start to test limits
- May sometimes not want to sleep or eat when s/he needs to
- May have temper tantrums from time to time

You can help your child get the sleep s/he needs:
- Stick to a regular routine; have your toddler take naps and go to sleep at the same time every night
- A routine helps your child to fall asleep more easily. It also helps children to go back to sleep

Do quiet things before bed, you can:
- Read books
- Sing songs
- Cuddle and talk

Don’t let your child get wound up or excited before bedtime

You can help your child eat well

Toddlers are often picky eaters; one day they might not like one food, the next day they may love the same food. To make mealtimes easier, you can:
- Feed your child different kinds of healthy foods every day
- Serve small amounts, when children are hungry they will ask for more
- Let your child decide how much to eat from the foods you serve
- Let your child help in the kitchen
- Let your child feel himself or herself, even though it might be messy

These pointers can also help:
- Do not force your child to eat, you child may be full
- Keep calm at mealtimes, do not yell or scream at your child
- Don’t expect your child to sit through a whole meal
- Be patient, enjoy your child’s company at meals
You can help your child when s/he has tantrums

Tantrums or ‘meltdowns’ are normal for children at one to two; children have tantrums when they feel out of control or are over-stimulated. It helps to:
- Stay calm – it will help calm your child. The more upset you get, the more likely your child will stay upset
- Make sure your child is safe and can’t get hurt
- Tell your child you are going to leave the area but will be close by
- Give your child a chance to calm down

After your child calms down:
- Tell him or her that you understand about being upset and angry
- Let your child know you didn’t like how s/he was acting

Talking about it helps your child to understand his or her own feelings. It teaches your child how to learn self-control.

You can help when your child has a tantrum in public. Children have tantrums for many reasons; they may be tired, over-excited, or want something they cannot have. Or they may want their parent’s attention. To deal with a tantrum you can:
- Stay calm, if you get angry, the tantrum may last longer
- Do not yell at your child or say they are bad; this hurts them too
- Let your child knows that it is not OK to act that way
- Calmly take your child away from the area
- If you have to, take your child to the car. Stay with your child while s/he finishes the tantrum
- Let your child know ‘I don’t like what you are doing right now, but I still love you’