

A PARENTING GUIDE TO

Managing Behavior



PROVIDE COMFORT	DISTRACT	GIVE CHOICES	MAKE A GAME	WHEN ... THEN	TAKE A BREAK/ START OVER
<p>Offer the child a favorite stuffed animal, give the child a hug, or speak to them with soothing words.</p>	<p>Use a toy, story, or song to distract the child's attention from something unpleasant.</p>	<p>Offer the child acceptable choices while still insisting on what needs to be done.</p>	<p>Turn something that needs to be done into a game.</p>	<p>Promise something the child wants to do after the child does something they do not want to do.</p>	<p>Have the child take a break by sitting in a chair or time without a toy for 1 minute of each year of the child's life.</p>
<p>Sophia, I'm sorry you had a bad dream. Let me tell you a story to help you fall back to sleep.</p>	<p>Sara, look at your favorite doll! She's dancing for you! Show me how you dance together.</p>	<p>Jacob, you need to give the ball back to your brother. Do you want me to hand it to him or would you like to?</p>	<p>Denzel, you pick up the toys on one side of the room and I'll pick up the toys on the other side and we'll see who gets done first.</p>	<p>Ella, when you put on your pajamas, then we'll read your favorite book.</p>	<p>Carlos, you need to take a break from playing with the car. (3 minutes later) Okay, let's start over.</p>

Home Alone Safety

A Guide to Help Parents Decide if Their Child is Ready to Stay Home Alone

There is no magic age when children are ready to be left home alone. Children mature at their own pace, but usually are ready to stay home alone for brief periods of time when they are 10-12 years of age.



CHILDREN WHO ARE READY ARE:

CONFIDENT
They are comfortable staying home alone; they are not afraid.

PREPARED
They know how to answer the phone, who to call for help, and what to do in an emergency.

INDEPENDENT
They get ready in the morning on their own and can prepare simple meals and snacks for themselves.