

## Be consistent

### 0-3 months

Build routines and respond the same way to her cues.

Consistency will help baby find her world more predictable and reliable.

### 4-6 months

Continue to build routines and respond in the same ways to baby's cues.

By making his world more predictable, you will help him make sense of the world and to feel safe and secure.

### 7-12 months

The consistency of your daily routines and responses will let your baby know what is expected of her.

She will also know what to expect from you and will begin to learn what her limits are and what she can and cannot do in regards to her safety.

### 13-18 months

You and your child are building a trusting relationship.

As he learns what is expected of him, he is learning the limits for safe play.

He knows that when he is distressed or in need you will respond by comforting or redirecting him.

### 19-24 months

Toddlers are now testing their limits.

Keep her safe while nurturing her independence by allowing her to choose from options that are acceptable to you.

She will keep her sense of control

### 25-36 months

Providing consistent care and responses to behaviour lets your toddler feel safe and secure and lets him know what you expect from him.

He will know his limits and know what he can or cannot do

Be patient.

### 37-48 months

Be consistent with the rules, this will help her understand expectations.

Holding and cuddling helps her feel reconnected after being apart.

Create a schedule that he she can get used to. Predictability can help her understand time and time management.

### 49-60 months

Even though she now has a stronger character and will stand up for what she wants, she still needs you to direct her in the right direction and guide her daily decisions. She relies on you to feel safe and loved.