

Be sensitive

0-3 months

Respond quickly and appropriately to baby's needs.
Read her cues and give her what she needs to be content.

4-6 months

Baby's cries are his way of expressing his feelings.
Don't get frustrated at these times. If baby cries after his feeding or diaper change and does not settle, try other things, (e.g., burp or hold him for a bit), and see if he calms down.
Keep trying until you find something that works.

7-12 months

Your baby is her own person with her own personality which may be different from yours.
She may not like the same things as you and may prefer to do things differently than you. Respect and foster those differences.
Acknowledge her dislikes/likes, preferences and feelings.
Comfort her when she gets upset, and use words to help her label and express her feelings.

13-18 months

Learn what your baby likes/dislikes and what he prefers and continue to reassure him that it's okay for him to have his own preferences.

19-24 months

Give her space to explore her independence. Intervene only when necessary for safety or to set limits.
Provide her with options that allow her to make simple choices about what she wants, e.g., let her choose between two healthy dessert options—grapes or strawberries.

25-36 months

Your toddler is beginning to understand the sequence of events in familiar stories.
Help him understand the world around him. His words are now more clearly formed.
Give him the words he needs to be understood and to express himself.
Be patient.

37-48 months

Provide opportunities for him to make choices about play activities.
Avoid the urge to quickly fix things when he's upset. Support him while you allow him time to problem solve.
When he is crying, avoid the urge to tell him to stop crying, model the behaviour you are trying to change. Staying calm will help him become calm again.

49-60 months

Support him when he wants to try new things or take risks in social situations. He will learn that it's okay to try out new things and can bring success.
If transitioning to a new setting (i.e., school, daycare), it can be difficult for him to express what he's feeling. New experiences mean new emotions. Take time to talk to him to help him understand his new feelings and think of ways to cope with difficult ones.