

## YOUR CHILD'S BEAUTIFUL BRAIN

A child's first few years are a time of rapid brain growth.

Children need lots of

- ♥ love
- ♥ hugs
- ♥ positive experiences

to help their brains develop.

## CHILDREN'S BRAINS AREN'T "DONE" YET!

Higher functions like

- good decision-making
- knowing right from wrong
- empathy

won't be fully developed until around age 25!

When a **baby cries**, it means,

## "I NEED SOMETHING!"

"I'm hot!" "I'm cold." "I'm tired."  
"I'm hungry." "My tummy hurts."  
"I'm just grumpy."

**Do not ignore it.**

Find out what your baby needs and give it to her.

## Relaxation & Breathing Techniques

Butterfly  
Breath

Windy  
Woods

Balloon  
Breath

## Why Parents Need to Set RULES:

- To protect children
- To keep them from having to make choices they're not ready for
- To get them ready for life in a world of rules
- To make parenting easier



**RULES = LIMITS**

## DISCIPLINE METHOD:

### The **ACT** Method

- A:** Accept the child's feelings.
- C:** Communicate the rule or limit.
- T:** Target a positive choice.

## DISCIPLINE METHOD:

### The **WHEN-THEN** Rule

"When you \_\_\_\_\_  
Then you can \_\_\_\_\_."

Say **"I LOVE YOU"** every day.  
You can't give your child too much love.

**Children love routines.**

Morning routines ■ Mealtime routines ■ Bedtime routines

Not Hurting

DISCIPLINE = TEACHING



Supplement this video with the *Active Parenting: First Five Years Parent's Guide* for in-depth explanation of Active Parenting skills and guided practice to help you put them into action.

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