

Positive Discipline for Infants 0-12 months

Infants are too young to know right from wrong. It is your job to comfort, teach and guide infants to help them adjust to the world around them.

Developmental Awareness

- Infants may:**
- Smile, use gestures, and babble in response to parent or caregiver
 - Be wary of strangers at approximately 6-8 months
 - Mouth toys and hands to learn about their environment
 - Use hands to explore by pulling, poking, reaching, grasping
 - Start to physically explore their surroundings by rolling, crawling, walking
 - Start to develop eating and sleeping habits



What You Might Expect

Crying

Mouthing and reaching

Upset when parent or caregiver leaves

Starting to move

What Your Infant May Be Trying To Tell You

“Crying is my only way to tell you when I am hungry, tired, hurt, hot/cold, upset or sick. You will get to know my cries.”

“The way you respond to me tells me how you feel about me.”

“The world and everything in it is very new to me. I use my mouth and hands to explore toys, faces, and anything I can reach to learn about my environment.”

“Please keep my world safe as I don't know what is harmful to me.”

“I love you and this is my way of telling you.” “Please reassure me that you are coming back and don't make goodbyes too long and drawn out. I will calm down and will be happy to see you when you get back.”

“I am starting to crawl and move around. I am very quick and curious; I seem to get into everything!” “Please keep my world safe, watch me carefully and allow me to explore.”

Planning for Positive Discipline

Baby-proof your home

Always be concerned about safety. Keep valuables, breakables and chemicals away from infants so they can safely explore their environments. For example, obtain cupboard locks for chemicals and other hazards.

Establish Routines

Infants tell time by routines not by the clock. Try to keep your infant's routine as consistent as possible. Make routines for the day so your baby will get used to doing things at certain times.

Respond to your infant's needs

During the first year infants are learning to trust their parents and caregivers. You can't spoil a baby by picking him up when he cries. Your baby develops a growing trust if you feed her, care for her, respond to her needs and love her.

Build a positive relationship

Spend quiet time reading, singing, or talking to your infant every day. Imitate his or her sounds and facial expressions. Play with your baby using all senses (see, touch, hear, smell and taste) to help her learn.



What to do when...

Your infant is doing something you don't want her to do

Use a nurturing touch to redirect your infant away from danger. Verbal direction includes using simple words or gestures to redirect her attention.

Your infant is playing with something he shouldn't

Interest your infant in something else. If he is playing with a dangerous object, substitute it with a safe toy.

Your infant is crying

Respond to your infant's cry by checking to see if he is wet, safe, hungry or hot or cold. Hold and cuddle your baby to show him that you are there when he needs you. Some babies cry more than others and this can be overwhelming. Remember, it's okay to ask for help.

Remember...

Never shake a baby! Shaking a baby can result in neck whiplash, back and other bone injuries, paralysis, permanent brain damage and sometimes death.

Nobody's Perfect... Positive Discipline takes time, patience and consistency, but our children are worth it!