



Early Learning Digest

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"Terrible Twos": Toddlers and Negative Behavior

Does your child often say "NO" to requests? As children near the age of two, negative behavior normally begins to appear. Toddlers want things immediately and want to be in charge. They may act out in negative ways when they don't get what they want.

What Can Parents Do?

- Reduce the number of times you use the word "no" with your child. Redirect negative behavior and tell them what they can do.
- Offer your child a choice of two things: "Do you want a cheese sandwich or a peanut butter sandwich for lunch today?" Avoid asking "What do you want for lunch today?"
- Use as few commands as possible, and insist on being in control only when absolutely necessary. Encourage your child to make his own decisions.
- Emphasize the positive. "We will have a treat later" works much better than "You cannot have a cookie now."
- Pay special attention when your child cooperates and be positive about good behavior.

Your child is learning that his wants can be different than the wants of others. He is learning how to be independent while in a safe environment where you are still present when needed. This is a normal stage of development.

For more tips on toddlers and negative behavior or to read the complete article please go to http://www.parentsknow.state.mn.us/parentsknow/age1_2/topic-sAZ/PKDEV_000367

Fathering a Newborn

The birth of a first child is an exciting, terrifying, and wonderful new experience. As a new father you may feel overwhelmed by the responsibilities of taking care of your baby. Fortunately, you and your baby form a strong attachment just through routine tasks and attention. This attachment between you and your baby is critical for your infant's healthy development.

Whether as the main caregiver or as a partner, you can do a lot to support your baby and your family:

- Hold your baby. Your new infant needs lots of physical contact and getting to know your touch is very important.
- Participate in feeding and diapering. If your baby is being breastfed, you can help with preparing your baby for feeding and with burping afterward. Diapering is a great time to make eye contact with your baby while offering gentle care.
- Talk to your baby. Talking makes your baby feel loved and helps in language development.



- Read simple books to your baby. By holding your baby on your lap and reading you begin a habit that will offer many rewards throughout your life together.
- Pay attention to your feelings. If you find yourself getting frustrated or angry, take a break and get help.
- Ask other fathers about their babies so that you can learn about what to expect. Babies develop differently and some cry and fuss more than others. Your baby's doctor and nurse can be a very helpful source of information and support for you.
- Enjoy your baby. Learn your baby's daily rhythm and make sure you spend time and play with your baby during the alert times.

Your connection with your baby can have a positive effect on his or her future. Sharing in your infant's life will lay the groundwork for a lifetime of involvement.

For more information on fathering a newborn or to read the complete article please go to http://www.parentsknow.state.mn.us/parentsknow/Newborn/topic-sAZ/PKDEV_000296



If you have concerns about your child's growth and development, please talk to your child's health care provider or call 1-866-693-GROW (4769), to talk to a professional and find out how you can get connected with various resources in Minnesota.

Teaching Children about Money

Money is important, yet little attention is paid to the ways young children develop attitudes toward money. Financial concepts may be learned at school, but children learn values about money at home from what they observe.

Help children learn to make decisions about money by giving a small weekly allowance over which they have control. It is important not to interfere with how the allowance is spent unless it's a safety or health issue. A young child needs to be allowed to learn from mistakes.

Help your child develop smart consumer habits. Explain what a sale is and how one can save money by shopping at a particular time and place. Talk about why you buy a large box of cereal rather than two small boxes. Discuss why it might be better to go to a discount store instead of a small specialized toy store.

Help your child develop the ability to delay gratification. If your child wants to buy an item, but does not have enough money, suggest that when she receives next week's allowance she'll be able to afford the purchase. Beware of teaching "buy now, pay later" habits. Discuss from time to time how she is progressing toward her goal.



Help remove some of the mystery about money. Once children are old enough to manage basic arithmetic, show them how you manage your checking account.

When you use a cash withdrawal machine, make sure you point out that transaction on your statement. Often small children think ATM machines are magic!

Help your child learn to view money as a medium of exchange, rather than a thing that conveys love, acceptance or rejection. As parents, we don't want to send a message that when they behave well they will be rewarded with money. For example, instead of paying children for achieving good grades, achievement could be acknowledged by a celebration.

For more tips on teaching children about money or to read the complete article please go to http://www.parentsknow.state.mn.us/parentsknow/age3_5/topic-sAZ/PKDEV_000432

Test Your Knowledge of Two-Year-Olds...

- T F 1) Most two-year-olds are able to feed themselves fairly independently.
- T F 2) Two-year-old toddlers usually speak in complete sentences.
- T F 3) Two-year-olds play well with other children.
- T F 4) Toddlers learn about things by touching them.

To see more developmental milestones for two-year-olds go to <http://www.parentsknow.state.mn.us/parentsknow/ChildDevelopment/2Years/index.htm?redirectNodId=Age1-2-&redirectNodId=Age1-2>

Answers: 1) T, 2) F, 3) F, 4) T

24/7 Webinars

Did You miss a webinar this year?

Visit www.workingfam.org/resource to view archived Early Learning Count Webinars from the 2012 - 2013 series.

Early Learning Counts! Positive Parenting of Children, Ages 0-5



Trusted parenting information, resources and activities to help your children grow, develop and learn from birth through high school at www.MNParentsKnow.info.

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