



### You Can't "Spoil" a Baby

Give your baby prompt, loving attention. Babies feel insecure and anxious when their needs are not met. When your baby does something you don't like, gently redirect his behavior, move him or remove a dangerous object from his path.

Babies are fragile. Hitting or shaking a baby can cause brain damage or even death. If you feel that you might hurt your baby, get help right away. Make sure he is safe, while you call a friend or call these confidential hotlines: ☎ **CHILD ABUSE HOTLINE** or ☎ **FAMILY RESOURCES WARMLINE.**

### Dealing with Difficult Behavior

*Sharifa says, "First, I look at Rose to make sure she is paying attention. Then I explain, very simply, why her behavior needs to change. I always offer her a couple of acceptable choices."*

**N**ext to love, one of the biggest gifts we can give our children is clear limits. Clear limits help our children feel safe and secure. But when is the right time to begin setting these limits?

A good time to start is after the first year, when our children are beginning to understand what is okay and what is not. We help them when we have clear and reasonable expectations.

As your child grows, offer her choices and involve her in making the rules. This encourages independence and helps her accept responsibility for her actions. If you set a good example and encourage positive behaviors, your job will be much easier.

