

## BEHAVIOUR



Positivity is key when it comes to leaving your baby at nursery

**Q** *I've had to go back to work full-time, leaving my four-month-old daughter at nursery, but she's unsettled. Help!*

SALLY DIGGLE, CUMBRIA

**A:** Your baby is telling you that she's upset about the change, which is perfectly normal. She has enjoyed you full-time for several months and now she has to get used to being looked after by the nursery staff. It is a transition, but there is a way to help your daughter go through it.

Always spend a few minutes cuddling your baby before you go to the nursery, then once there show as much confidence as possible. Leave your child with one of the staff you prefer in a straight-forward manner. Do not hesitate or stay for too long – just tell the nursery staff what you have to and then go.

By far the best way to help your daughter is to have a reassuring face when you leave her.

As in many instances with children, if you change your behaviour, your child's behaviour will change too. You are upset, so she is upset. If you demonstrate more assurance when you leave your daughter, she will understand it is normal and that will help her go through the transition more smoothly. **AP**

**Q** *How can I stop my toddler wriggling out of his straps in the car?*

ANDREA MCHOWELL, AYRSHIRE

**A:** At a quiet time, not when it's time to go in the car, talk to your child and ask him where he sits in the car and what he can do while he's in there. He'll probably say he plays with a teddy bear or a toy. Then ask him 'What should you not do?', namely remove the straps.

Your son's answers can be basic if he doesn't speak well yet, but they have to come from him. Let him find his words. This is important as this technique helps the child create a mental picture of him in the car doing the right thing.

Keep the questioning short, one minute maximum, but do it often, several times a day. Just before going in the car, ask: 'What will you not do in the car seat?' The answer should be along the lines of 'remove the straps'. **AP**

**Q** *My two-year-old son has developed a stutter. Should I worry?*

REBECCA STATHAM, CHESHIRE

**A:** Every time your child doesn't stutter or at least does it less, let him know in a factual, descriptive manner. For instance, say: 'You said the word "car" straight away without hesitation!' This technique is called descriptive praise. Mentioning every little step in the right direction to your son will help build his confidence. **AP**



Help your child picture what he should be doing in the car

## QUICK FIXES

**Q: My two-year-old won't share with others. Any tips?**

**A:** Don't worry, as this is perfectly normal behaviour. Children don't learn to share until they're around three years old, so praise your child whenever she manages to share a toy and make sure there are enough playthings to go round.

**Q: How can I help my baby daughter enjoy the local pool?**

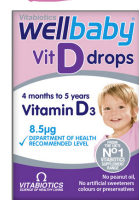
**A:** Make it a fun adventure. Choose a time when the pool will be quiet and take a bath toy with you that she likes. Start by simply sitting on the steps together and let her play, kick and splash about.

**Q: How can I encourage my toddler not to run off while I'm pushing his sister in her buggy?**

**A:** Try the Toddletug Buggy Strap (£3.99, toysrus.co.uk). You simply attach it to your pushchair and your toddler holds on to it. Make it a fun game and he'll enjoy 'his' special strap. **AP**

### MOTHER & BABY PROMOTION

#### WELLBABY VIT D DROPS



Wellbaby Vit D Drops provides the optimum amount of vitamin D for infants and young children, as recommended

by the UK Department of Health, in a natural olive oil base. Ideal for ages four months to five years, it provides the dose in the form of vitamin D3, which the body prefers. Vitamin D is needed for the normal growth and development of bones. RRP £4.95 available from Boots and vitabiotics.com.