

Save the dummy for sleep



let them know what a big girl or boy they are



bottles and dummies

You decide when it's best to dump the dummy and use your imagination

Dump the dummy gradually

Talk about dumping the dummy. Talk about being a big girl/boy

Use cuddles, songs, stories (not just the dummy) to soothe your child

Make a plan to dump the dummy and stick to it

Save the dummy for sleep

Get rid of all dummies at the same time

From 18 months to 2 years children should move to cups

Ask someone else to look after them

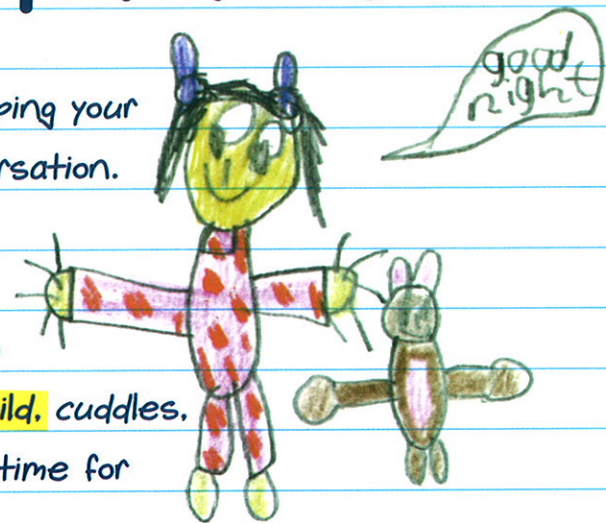


Bottles and dummies

Dummies are great for comfort but bad for helping your child develop speech, communication and conversation.

Save them for comfort (e.g., time for sleep).

Dummies and thumbs can be difficult habits to break. There are lots of ways to soothe you child, cuddles, songs, stories etc. Make comforting your child time for talking.



Get rid of all the bottles and dummies in the house at the same time.

When 'dumping the dummy' do it gradually e.g., get it down to just bedtimes and then cut down gently from there.

Ask someone else to look after the dummies and bottles, there's no temptation if they aren't around!

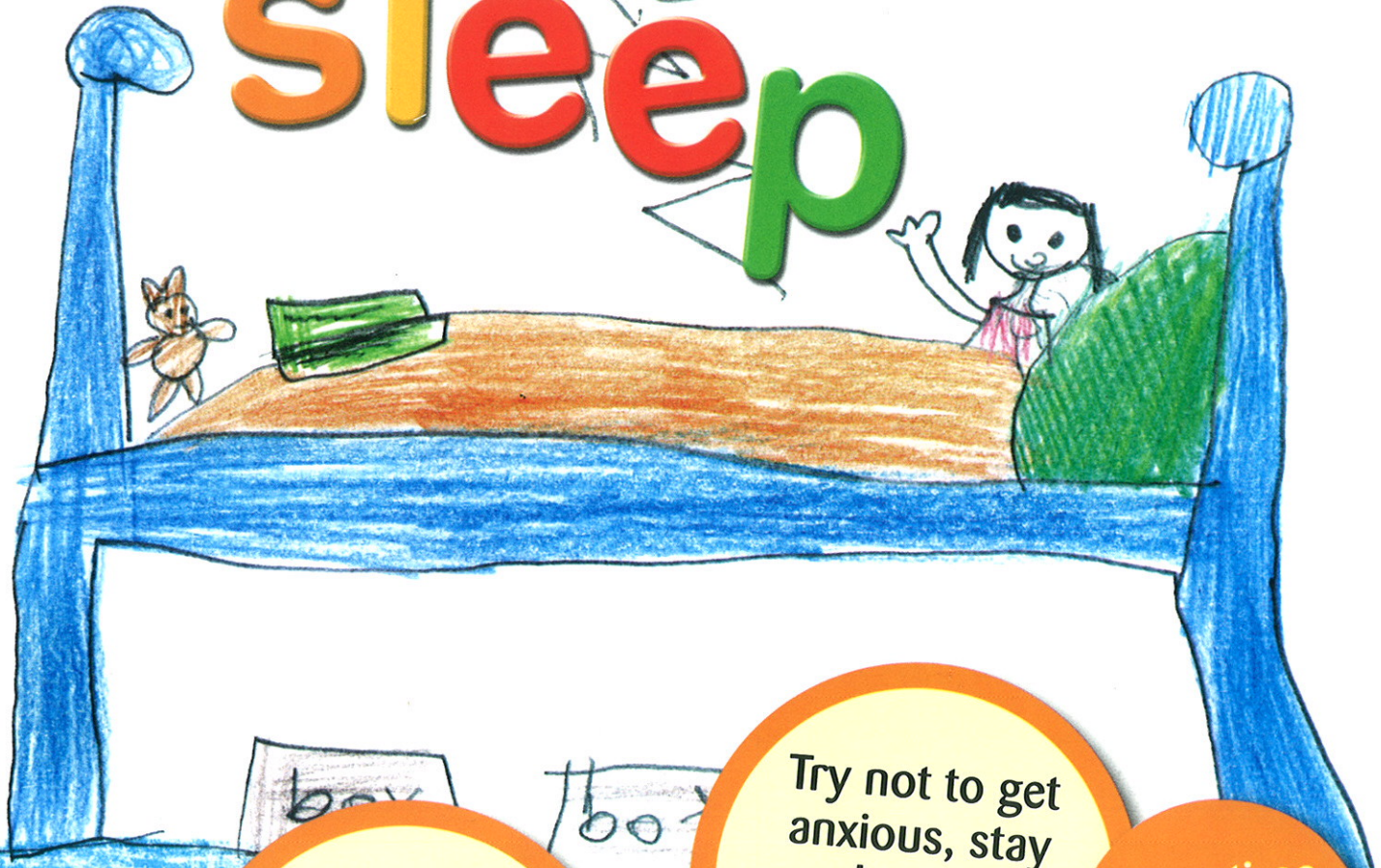
Make a plan and stick to it! It may take time but persevere.

From 18 months to 2 years children should be moving on to cups. This is best for the development of their teeth, lips and jaw, helping them develop speech, chewing etc.

You decide when it's best to get rid of the dummy/bottle and perhaps mark it with an event e.g., bury it, pretend to post it to a new baby, leave it for Father Christmas - use your imagination, you know your child best.

Talk to your child before you 'dump the dummy', let them know what a big girl or boy they are. Talk about how this is not about 'giving up' but about moving on and growing up.

sleep



Try not to let your child have too much sleep during the day

Try not to get anxious, stay calm or let someone else do it

Set a time for bed and stick to it

Create a calm, quiet bedtime routine

Your child needs 10 to 12 hours of sleep per night

Get everyone in the family to stick to your routine

Read a story or listen to a story tape

If they wake up:

- Reassure
- Settle them back in their own bed
- Repeat and keep repeating
- Stay calm, firm and consistent

Sleep

Set a time for bed and stick to it,

however much your child protests. Try and stay calm (it's not easy!) but be firm and consistent.

Children need lots of sleep! Tired children

find it difficult to get going in the morning, make sure your child gets all the sleep they need 10-12 hours for a toddler is ideal.

Get everyone in the family to stick to the strategies and routines you have decided upon.

Have a strategy/routine for when they wake up in the night. If your child isn't ill or frightened then keep your voice calm, quiet and reassuring and settle them back down in their own bed. If they don't go straight back to sleep repeat your routine. And keep repeating it, it may take time but your child will settle.

Make the bedtime routine calm and quiet. It could be a bath, read a story, listen to music and then bed. Children love routine because they know what's coming next, stick with it even when they protest!

Try not to get anxious about your child going to bed. Children pick up on parents' emotions and it can make them difficult to settle. If this is an issue for you let someone else do it (it doesn't just have to be mum or dad). Talk calmly, stick to your routine and enjoy some time to yourself.

T.V's and DVDs and video games over stimulate. Much better to have a story read to a child or a story tape.

Make sure your child is not having too much sleep during the day.

A Bedtime Routine

Let your child calm down by playing a quiet game or having a story

Let your child choose which pjamas, etc

Bath or wash

Brush teeth, go to the loo etc
into bed, tucked in with a teddy

Share a story if they haven't had one earlier

Cuddle

Good night

Night light if needed but dark is best



helping with maths

Play
counting
games

Talk about
numbers

Sing counting
songs and
rhymes

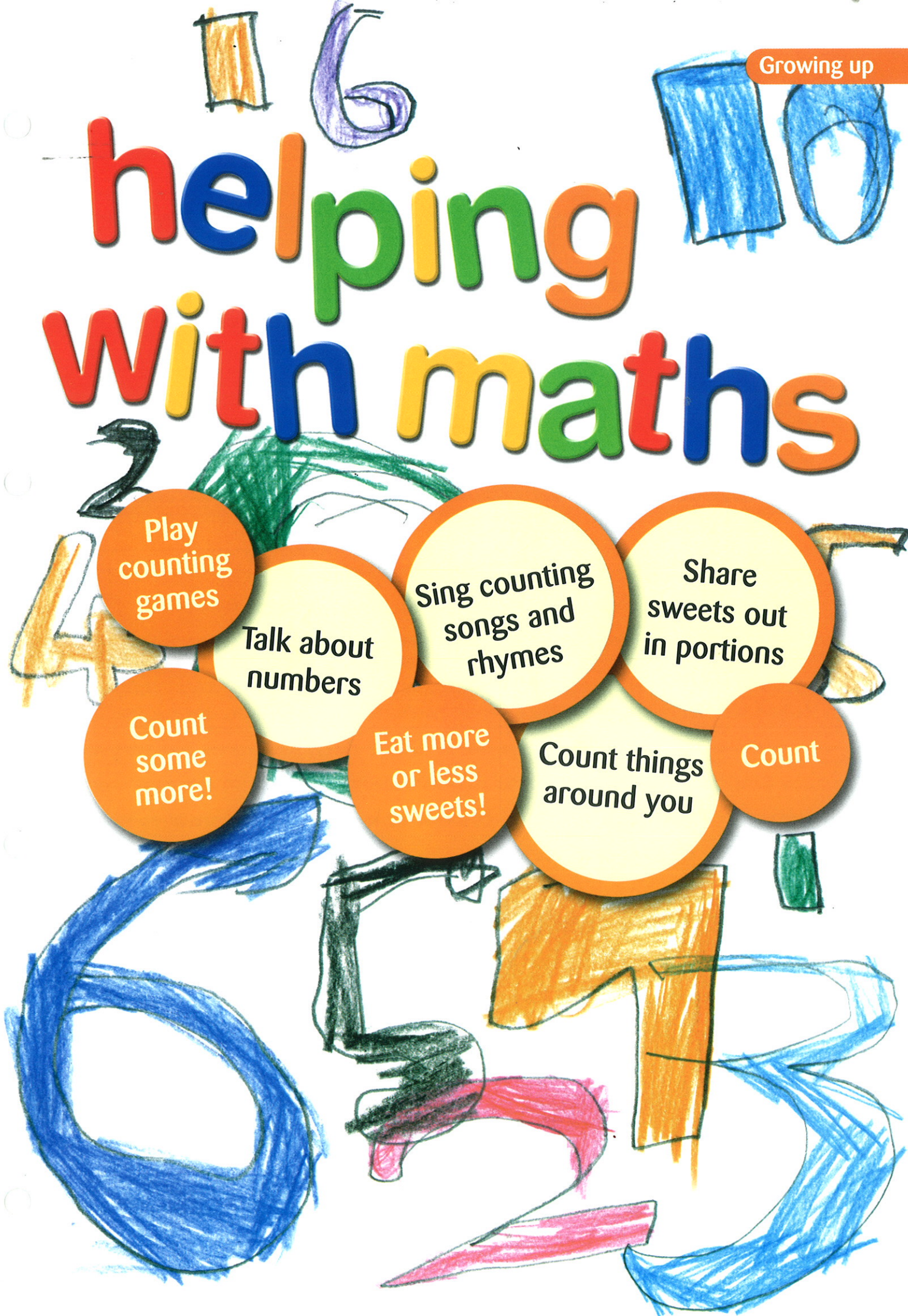
Share
sweets out
in portions

Count
some
more!

Eat more
or less
sweets!

Count things
around you

Count



Helping with maths



The most important thing you can give your child is to talk to them about numbers.

Show them numbers around the home, on the TV remote, on the clock, in the newspapers and magazines, on birthday cards.... You will be surprised how many numbers there are in your home.



Counting is really important. Count whenever possible, when climbing the stairs, walking along the street, laying the table, count the toys in the bath.... There are always so many things you can count and you can count backwards as well as forwards!

Remember all those songs and rhymes you heard as a child. They really help children to remember numbers. Round and round the garden, 10 green bottles, 5 fat sausages sizzling in a pan, 1,2,3,4,5. Once I caught a fish alive.



When you are looking at books, hunt for numbers in the pictures, can we find any numbers on the cars or the house doors? Count things in pictures, how many cows in the field? How many people on the bus? Are there more cats on this page than the last page? Which car is 1st in line? What colour is the 4th car? There is so much maths to be found in story books!

When you are playing with toys, include maths questions into the fun. If 3 cars are in the garage and 2 more come for repair, how many has the mechanic got to mend? If 6 teddies are at the party and 2 go home, how many are still playing party games? Can we put the dolls in pairs and count in twos?

Play games as a family. Board games, dice, playing cards are all good ways to encourage children to think about numbers and are a great way of talking about maths. Make your own games: draw a simple track, number it however you like and make up rules, challenges or rewards. Change rules to games you already have: snakes and ladders backwards, add up the dots on dominoes.