



# Dad's Guide to Getting Baby to Sleep

**Take care of yourself** physically and emotionally. Take time to exercise, read, nap or work on a special project to recharge your batteries.

**Use words that help, not words that hurt.** You are a mirror for your children. They believe what you say about them.

**Give your child time to discover the world.** To a young child, everyday brings new experiences.

**Plan ahead and leave plenty of time to get ready** if you have to take your child somewhere. Young children are small and curious. They can't move as quickly as adults, and, unlike adults, they aren't in a hurry to get everywhere.

**Respect children and use a courteous tone of voice.** Respect brings respect. A pleasant tone of voice can pay off in an improved relationship.

**Children are never too old to be told they are loved.** Say it or write it in a note that your child can keep.

**Give your child chores around the house.** It builds cooperation and responsibility.

**Rules help children feel secure.** Without limits children do not know where they stand and what they are supposed to do.

**Help children feel good about their successes** with 'you' messages. In addition to "I am proud of you," try "You really worked hard on that, I bet that makes you feel proud," as well.