

Tips for Teen Parents

- When your baby cries: don't shake, take a break.
- Baby-proof more, and let them explore.
- When in doubt, chill out. Don't punish out of anger, teach out of love.
- Your child learns from what you do, so keep in mind, he's watching you.
- Make time to read your baby a story. Reduce your stress, forget the mess, sit down and do less.
- When they fuss and fight, remember: your children aren't bad, their behavior makes you mad. Criticize what they do, not who they are.
- Spanking teaches that "might makes right." Don't teach your child to fight.
- Look your child in the eyes and think about why he cries. Keep looking and see how much he loves you.

Adapted from *Discipline = Love + Limits, Staying calm while teaching your child right from wrong*, by Rona Renner, published by the Center for Health Training.

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