



Tips for Parents...

Hello,

This is Nicole here, for this issue I have included information on how your baby or child's behaviour is similar to a compass showing you the direction you are heading, if you like the direction than keep going, if not, it's time to change something. Read my comments and if you'd like a hand, please contact us for an appointment or query, I am happy to assist and love to help you solve your problems.

Do you have a friend who is expecting a baby?

We love your referrals.

Every parent who has experienced the Babysmiles workshop feels that it is essential for every other parent to have access to this information to equip them with essential information and skills they need to know when managing a newborn baby.

So if you have a friend who is expecting then please encourage them to join the Babysmiles Family and enjoy the unique benefits it offers them as a parent. Which is to have a great nights sleep and love, just love being a parent!

Feel free to email them this free tip sheet and then they can subscribe at:

www.babysmiles.com.au to be on the email list.

Be assured this list is confidential, and only used for the monthly tip sheet. If you prefer you could let me know how to best contact them and I can follow up with them personally.

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'Your Baby's behaviour is like a compass pointing in the direction you are heading'

Want to know where you are going and what your child's personality is going to be like, demanding, easy going, tantrums, whinging, happy, content, then simply look at what your child is like today.

Their behaviour is a great predictor of where their heading.

If you are happy with their behaviour? Then keep doing what you are doing and enjoy.

If you are not, well then its time to sit down and reflect. Pay attention to how you are reacting to the whinging, whining, tantrums and I guarantee that you are, looking,

touching, listening, and talking to them at these times. For those of you who have participated in our workshop series then you will know how this ultimately affects the memory and behaviour of your child. For those of you who don't we are happy to explain this to you.

It's time to reevaluate and see what memories your child is creating. So with undesirable behaviours remember to look for and respond to the opposite, whinging look for asking in the right tone, not getting buckled up look for the times when they buckle and make a big deal, fighting look for the opposite, getting along well. As soon as you start looking for the opposite and pay attention and comment on these your child's behaviour will change. The compass will point in a different direction.

If your child is over 2 yrs of age, then the 1,2,3 Magic strategy is fantastic and should be added to your parent tool kit. I can teach you this strategy in a couple of consultations and I also now have the first DVD available at reception to show you 1,2,3 Magic in practice. A very worthwhile purchase and a powerful technique.

We are more than happy to help you learn strategies for enjoying your day and redirecting your child's behaviour in the direction you want to head. Judgment free. As one parent recently said, "I was a better parent for coming".

Or perhaps you are dealing with an annoying behaviour that you'd like to work on and need some starting points....

Please give us a ring; support is available via phone/email or on a Monday and Tuesday in my rooms.

We'd love to hear from you, perhaps you have a comment on a book that has been recommended through Babysmiles? Do you have a question you'd like answered?

Other parents love to hear what your thoughts and opinions are on Babysmiles, it gives them confidence if they are considering using our service. Feel free to email your comments; we look forward to hearing from you.

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