

# 11 MONTHS – Positive Parenting



Hello! This month we'll be talking about growth spurts and parenting!

## **Appointment Alert!**

Does your little one still have a gummy smile or a mouth full of chompers?

Health Canada recommends that baby's first dental visit should be at one year of age or when the first tooth appears. Your baby may be eligible for free dental care through [Healthy Smiles Ontario](#).



## **Growth Spurts**

Children go through lots of growth spurts. Some days they may eat a lot, and other days they eat less. This is normal. Continue to let your child decide how much to eat of the food you serve. This helps them to recognize and respond to their own hunger and fullness cues.



## Parenting

Parenting is hard. It's time for another deep breath. It is important to know there are resources available to learn more and to support you.

### Connecting with your child

Your child's relationship with you is key to their health, development, and overall physical and mental wellbeing. Warm and responsive parenting builds a strong foundation for developing trust, confidence, self-control, and healthy relationships. Spending time with your children, listening to them, and showing love and affection will help create strong connections.

### Positive Discipline

The goal of discipline is to guide and teach, not to punish. Physical punishment—spanking, slapping, hitting, or shaming - can hurt children both physically and emotionally, and should never be used. There are much more effective ways to discipline children.

Using positive discipline techniques not only helps to guide children, but also strengthens the connection you have with them.

Here are some things you can do to help your baby learn:

- Redirect or distract your child away from unwanted behaviour by switching activities, or replacing an unsafe object with a safe toy (e.g., if your baby is playing with the remote control, give them a toy and move the remote).
- Give your child choices when possible (e.g., would you like the red cup or the blue cup?).
- Use logical consequences to help your child understand the effects of their actions. Children need to learn that they can make things better (e.g., “Oh – the juice spilled! Let’s clean it up together”).

### Ways to get support:

- Read more about [Positive Discipline](#) techniques from the Canadian Paediatric Society
- Review the Positive Discipline in Everyday Parenting eBook ([free PDF](#))
- Watch videos about positive ways to teach your child at [Health Nexus Santé’s Children See Children Learn video series](#)
- Reach out to [Peterborough Child and Family Centres](#) or Millbrook [EarlyON](#) for information about parenting programs.



## Coping with Stress

Your baby is learning from you all the time. One of the biggest things your baby will learn is how you cope with stress. We all get mad, sad, or frustrated sometimes!

In those moments, try these techniques:

- Take 3 slow, deep breaths. In through your nose and out through your mouth.
- Slowly count to 10 in your head.
- Repeat a phrase that calms you, like “this too shall pass” or “I can handle this”.

Tell your child about your feelings – even negative ones – and how you are working through them. Here are some examples:

“I’m feeling upset because I can’t find my keys and we are going to be late. I’m taking some deep breaths to calm down, so I can try to remember where I put them.”

“I’m feeling sad because I had a hard day at work. I’m going to call Aunt Sue and chat with her for a few minutes. That always makes me feel better. I’ll be okay soon.”

This teaches your child how to cope when they are having hard days.



## Toxic Stress

Some stress is unavoidable – even for children. Positive stress includes things like meeting new people or attending the first day of child care and prepares the brain and body to meet life challenges in the future. When children are exposed to chronic or severe adversity like abuse and neglect, stress systems can over-activate, flooding their developing bodies and brains with harmful levels of stress hormones. This “toxic stress response” increases the risk of later health problems. If stable, responsive adult relationships are in place to

buffer the negative impact, stress can be either positive or tolerable and result in healthy development. The relationship between children and adults (e.g., parents, caregivers) is very important in helping children deal with any stress they may experience.

See videos about how stress affects developing brains at [Alberta Family Wellness Initiative](#)

If you need help, please reach out. Speak to your health care provider or dial 211. [211](#) is a free, confidential telephone help line and website that connects people to social, health-related, community-based and government services in the Peterborough region and across the province.

Have a great month,  
and we'll talk to you again when your baby turns ONE!

