

Preparation for the Toddler Years

Summary Points - Visit 1 - Chapters 1 - 3

Segment 1

1. The period between 12 and 18 months is a bridge linking babyhood with toddlerhood.
2. Feeding, wake and naptime continue as the three activities of your pretoddler's day.
3. Feeding transitions include:
 - a. nursing/formula to whole milk
 - b. bottle to sippy cup
 - c. baby foods to family meals
 - d. highchair to booster seat
 - e. separate mealtimes to family mealtimes
4. Nap transitions: two naps to one nap by 18 months of age.
5. Less naptime creates more waketime activities for baby and Mom
6. Pretoddlers are too young to be reasoned with, too mobile to be left alone.

Segment 2

1. Learn to manage your baby's behavioral 'assets'.
2. Avoid creating any new behavioral 'liabilities'.
3. Your primary goal for the next six months is not to lose any ground; by not losing any ground, you are gaining ground.
4. The word "unpredictable" describes what any day may look like with a pretoddler.
5. "Persevere" when things do not go according to plan, stay mindful of your parenting goals.
6. "Concrete" examples help pretoddlers learn.
7. Remember our guiding principle: Begin as you mean to go.

Segment 3

1. Appreciation: One of the greatest gifts a husband can give his wife are words that encourage.
2. Empathy: A husband's willingness to fully understand the activities of a mother's day.
3. Like Minded: Having a mutually agreed upon direction for parenting.
4. Accountability: A willingness to have your decisions and judgments questioned by your spouse.
5. Knowing "Why": Asking questions to become fully engaged in parenting.
6. Mutual Commitment: a well informed husband helps make for a better Dad.
7. Understanding: The wise father will first seek understanding from Mom before passing judgment on what he sees when he walks through the door.
8. Speak Life: Using words that build up and encourage rather than discourage or dishearten.