

Listed below are a variety of additional resources available to you.

Bright Start Responsive Parenting

This project is funded by the State of South Dakota Office of Child Care Services. This six-week series of classes is designed for parents that have children ages birth to three years. Classes cover a variety of topics including: discipline, temperament, and stress. Classes are FREE and child care may be available.

Infant/Child CPR

This program is designed to give parents, child care providers, and other adults information and skills on CPR (Cardio Pulmonary Resuscitation). These classes are ongoing throughout the year.

Insights for Children

These classes are designed to give information about how children develop and why they do the things they do. Topics include sibling issues, temperament, and childhood behaviors. Classes vary in length and are FREE.

Temperament Project

This project is funded by the Sioux Empire United Way Success By Six Program. Services provided are FREE. Learning about temperament can help with discipline issues, behavior concerns, and social development. Individual temperament consultations are available, as well as temperament screenings.

Mutch Woman's Health Library

Various materials of interest to women are available for check-out at the Mutch Women's Center for Health Enrichment. Books, videos, and pamphlets cover a variety of topics including but not limited to: parenting, stress, and health information.

C.H.I.L.D. Services of
Sioux Valley Children's is located at:
1115 W. 41st Street, Sioux Falls, SD
(605) 333-0698



1305 W. 18th Street • Sioux Falls, SD 57117-5039

200-46500-0050 Rev. 10/07

Adjustments Within Families



The Toddler's Viewpoint



With the birth of your new baby comes an adjustment period for you, your spouse, and your older children. Having a new baby creates a change in your family's lifestyle and routine. Change can create stress for children and adults. The biggest factor in encouraging a positive adjustment is establishing a routine. It is unrealistic to expect a newborn to follow a schedule, but establishing a daily routine is helpful for older children. Routines for meals, bathtime, bedtime, and getting up in the morning are particularly beneficial.

Children's personalities and their temperaments influence their adjustment period. Other influential factors include parental temperament, parental personality, and parenting style. This adjustment period may last for one to three months.

The Toddler's Viewpoint

(1 to 3 years old)

Toddlerhood is a difficult time for a child. The adjustment of a new baby in the house can be particularly stressful. Your toddler enjoyed the amount of time you were able to spend together before the birth of your new baby. Because of their age, your toddler may have difficulty understanding the concept of a baby, or why the baby is keeping you so busy. This change in routine or lifestyle can create stress in your toddler.

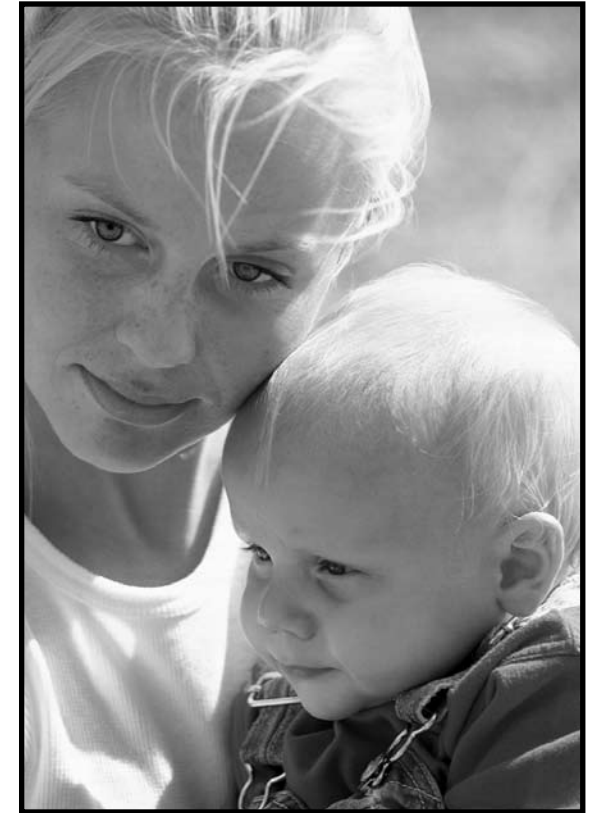


Toddlers react to stress in different ways

- Regressing
- Clinging
- Whining
- Trouble sleeping
- Increased possessiveness
- Aggressiveness toward the baby or parent, pushing, hitting, or other acting out types of behavior
- Increasing number of temper tantrums. This means that your toddler may experience an increase in temper tantrums because they are more easily frustrated while under stress, not because they want to purposely make you mad.
- Withdrawing from others

Other Childhood Stressors include:

- Mastering a new skill
- Toilet learning
- Personal illness
- Parent illness
- Parent separation
- Sudden change
- Moving to a new house
- Starting a new day care
- Moving from crib to bed
- Moving into a new bedroom
- Any disruption in daily routine



Exercise or play can be a stress reducer for many toddlers. Soft gentle music and cuddling with an adult can also help relax a toddler.

It is also normal for your toddler to choose not to pay much attention to the new baby during the first few weeks. Don't be too concerned; give your toddler time to adjust. Forcing a toddler to touch or look at the new baby is not recommended. When your toddler does not want to see or "play" with the new baby, take the toddler's hand and show them what a soft touch is. Remind your toddler that new babies also like soft touches and soft voices, not loud voices. Toddlers may also become upset when the baby cries. Take the time to explain to your toddler that your baby is not hurt, the baby is just using their cry to tell us what they want.

C.H.I.L.D. Services of
Sanford Children's Hospital is located at:
1115 W. 41st Street, Sioux Falls, SD.

For More Information call
C.H.I.L.D. Services (605) 333-0698