

Let the Children Come...

Reality! You're at least five months into your tour of parenting. This program is not about training your toddler. That information comes in the next series, *Along the Virtuous Way*. This book is the second member of the 'Let the Children Come...' series and the logical extension of *Along the Infant Way*. It covers the developmental period between five and fifteen months.

The complexity of child-training has begun to come into focus. You have learned that as your baby matures, both constant and variable factors continually influence his or her development. But now, as the baby moves into the pre toddler phase, the variables of growth begin to play a more dominant role. How will you respond to those variables? Certainly not by abandoning that which has brought you so much success — your baby's routine. No, you will want to preserve the order and structure that brings security to your baby and stability to your home.

You must now become principle-minded, learning how to rightly respond to the emerging variables of your pre-toddler's life. You need to know what to expect, when to expect it.

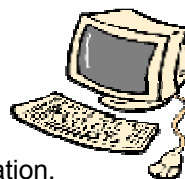
About the Ezzos

Gary Ezzo M.A., serves as the Executive Director of Growing Families International. He is a graduate of Biola University School of Theology and served ten years as Pastor to Family Ministries in Sun Valley, California. Anne Marie Ezzo R.N., has a background in pediatric nursing and is a childbirth instructor. She is a co-founder of Christian Childbirth Education and co-author of Birth by Design.



Gary & Anne Marie have six grandchildren and reside in Mt Pleasant, South Carolina, USA.

For more information visit the Growing Families Australia website at... www.gfi.org.au



This site explains the history and goals of the Growing Families organisation, news and resources available, with on-line ordering. Contact the GFA representative in your state via the website or phone the National Office for number.

Growing Families Australia

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The details of your local ATW program are:

Let The Children Come... Along The Toddler Way



Gary & Anne Marie Ezzo

Parenting your
Child from
Five to Fifteen
Months



Along The Toddler Way program, formerly called 'Preparation for the Toddler Years', is the second of a six-part series that has gained national and international recognition for its immensely sensible approach to pre-toddler parenting. ATW follows the three activities of your baby's day: feed time, wake time, and sleep time.

Feed time includes discussions on mealtime training, including introduction of cereals, fruits and vegetables, finger foods and snacks, as well as highchair behaviour.

Wake time discussion covers how to establish the best learning environment, the importance of structure and routine in your pre-toddler's life, how to introduce sign language to your baby and what pre-toddler discipline looks like.

Sleep time discussions include dropping naps, avoiding sleep problems, travelling with your baby, how to move your baby from the cot to a bed & much more.

Session 1: **Back to Basics**

In our first series, 'Along the Infant Way', we stressed the importance of establishing a biblical mindset for parenting. In this series we will stress the importance of maintaining that mind-set as your baby approaches his first birthday. The principles have not changed between the two series. We believe that mothers and fathers should parent with an eye to the future and with the goal in mind of raising a morally responsible and biblically responsive child — a child who at each phase of development is a blessing to all. The most important forces shaping a child's developing personality are those surrounding him in the early years. Parents are a young

child's whole world. Therefore, before moving forward, we must first return to some of the foundational principles that brought you to your first level of success.

They include (1) understanding the

Along the Toddler Way



priority of marriage, (2) the dangers of child-centred parenting, and (3) knowing how to avoid legalism in the parenting process.

Session 2: **Foundations of Moral Training**

Throughout your baby's first year of life, two processes continue to dominate: growth and learning. These activities are interdependent but not interchangeable. Growth refers to the biological processes of life; learning refers to the mental processes, which include moral training and development. With both growth and learning, the building blocks are progressive. Each stage of development depends on the successful completion of the previous stage.

Session 3: **Mealtime Activities**

In 'Along the Infant Way', we introduced the three activities of your baby's day— feeding time, wake time, and nap time. With age-appropriate modifications, those activities continue right into the toddler years. Your baby's first year is divided into four basic phases: Phase One: Stabilization; Phase Two: Extended Night; Phase Three: Extended Day; and Phase Four: Extended Routine. The focus of this chapter is on feeding times and related mealtime activities associated with the fourth phase, extended routine (six months and beyond).

Session 4: **Highchair Manners & Behaviour**

When you add them up, your baby spends many hours a week in his or her highchair. Take advantage of this time by making it an opportunity for learning. As with many aspects of child development, there are both constant and variable influences to contend with. Parents are the constant influence on moral training. Whether at mealtime, playtime, or room-time, parents should maintain a constant level of expectation regarding their child's behavior.

Session 5: **Wake-time Activities**

If parents set the right course for a child and encourage him to stay on course by their parental administration, he will be less likely to stray and more likely to progress quickly through the process of learning.

Session 6: **A Word About Discipline**

It is a self-evident truth. Children are not endowed at birth with self-control, nor has a pre-toddler or toddler lived long enough to know how to make wise decisions. They need their parent's guidance and self-control. Therefore, parents fulfill the role as the teachers, leaders, and mentors as they guide their children. The process is called training or discipline.

Session 7: **Naps & Night-time Sleep**

Unlike feeding patterns, infant sleep behavior has more variation because of individual differences. Stable sleep patterns are based on stable hunger patterns. When there are a number of disruptions in your baby's eating patterns, there will be corresponding changes in his sleep patterns.

Each weekly session meeting is approx. 2 hours.

*The next step:
(From Fifteen
Months to Pre-teens)*

Along the Virtuous Way

Builds on *Along the Toddler Way* and lays the groundwork for your parenting, no matter where you are in the process.

