Chapter 11

Discipline & Temperament

"Any child can tell you that the sole purpose of a middle name is so he can tell when he's in trouble." - ~ Dennis Fakes

What's in this Chapter

- Figuring out your baby's temperament
- The high maintenance baby
- Tips for soothing the savage beast
- Pacifiers
- Colic
- Infant massage
- Tips on planting the seeds of discipline
- Separation anxiety
- Masturbation
- Thumb sucking
- Biting and being bitten

Every parent will go through it. You can see it coming. Your son snuck out last night to hang with his buddies after you explicitly told him he couldn't. So he's grounded. You took the car keys. He has to bum a ride to school or, worse, take the bus. Maybe you remember when you did exactly that or something like it.

Okay, so you don't have to worry about this scenario yet, but you do need to set up the foundation for what seems like a lifetime of discipline. And now that you know all about child development, you can take all that knowledge and apply it to guiding your child's behaviors today and into the future.

But before we get to discipline, we'll need to discuss temperament. Call it the "getting to know the real you" section of the book. Once you figure out your little angel's temperament, you can tailor your discipline issues to fit him like a glove. Or at least that's the theory.

Believe it or not, your baby's doctor may be a good resource to help you sort through these issues. If she doesn't have all of the answers, she can point you in the right direction to get the answers.

Temperament and discipline issues are the toughest part of your job description. Here is a general list of what you will be facing this first year: