

# 2 P's of Parenting

*Patience*

and

*Perseverance*

1. Infants and children learn from **repetition over time**
2. Infants and children learn best in a setting that is **calm and patient**.

## *EXAMPLES:*

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Example 1: If you are planning to introduce your baby to feeding from a bottle, you may find that, at first, the baby seems to “refuse” the bottle. If this is the case: **persevere every day**. Persevere by trying different ways, different times. But do not “push”. Do not force. Be calm. Be patient. Once the goal is achieved, maintain the new habit (or it might get forgotten!).

Example 2: Start teeth brushing once teeth begin to erupt: at first, teeth brushing/gum cleaning may be resisted. But do not “push”. Do not force. Be calm. Be patient. Initially you may achieve only 5 seconds, but with **perseverance** every day you will gradually work up to the 2 minutes required to brush a full set of teeth.

