

# CARING CONNECTIONS

For families with preschool children

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RESOURCES  
FOR PARENTS  
and more...



## Tucker Turtle Takes Time to Tuck and Think at Home

A scripted story to assist with teaching the "Turtle Technique"

By Rochelle Lentini, Lindsay N. Giroux and Mary Louise Hemmeter

DANIEL TIGER'S NEIGHBORHOOD

Games Stories Videos Art+ Songs

## Help Us Stay Calm

Strategies that help you and your child during challenging behavior

Stay Calm | Reflect | Re-Connect

When your child is engaged in challenging behavior or experiencing anger, stress, sadness or frustration, it is important to stay calm. If you express your anger and frustration, it might result in more challenging behavior from your child. Remaining calm will provide the safety and support your child needs as they learn how to calm themselves.

**Step 1: Calm Yourself**

- Count until calm (1,2,3,4...)
- Connect with a friend
- Think something positive or fun about your child
- Drink some water: Have a snack
- Take deep breaths
- Ask for help

**Step 2: Reflect**

- What feelings and thoughts came up?
- How do you think your child is feeling?
- What might your child need to prevent the behavior from occurring again?
- Are you calm enough to re-connect with your child?

**Step 3: Re-Connect**

When you re-connect, you can help your child learn new skills. Once you feel calm, and your child appears calm, here are a few tips:

- Make sure your child is calm
- Acknowledge feelings
- Offer choice
- Let's find a new toy
- Redirect to a new activity
- Talk and play with your child

## My Daily Schedule

Picture	Activity	Check When Complete
	Wake up at 7:30 am	<input type="checkbox"/>
	Eat breakfast	<input type="checkbox"/>
	Get dressed and brush teeth	<input type="checkbox"/>
	Playtime or errands	<input type="checkbox"/>
	Eat lunch	<input type="checkbox"/>
	Story time and nap	<input type="checkbox"/>
	Playtime	<input type="checkbox"/>
	Eat dinner	<input type="checkbox"/>
	Take a bath and brush teeth	<input type="checkbox"/>
	Story time and in bed by 8 pm	<input type="checkbox"/>

## Why Can't I Go to School?

By Anni Acos & The Proving Field

## Positive Parenting

ZERO TO THREE  
Early connections last a lifetime

Positive parenting describes a set of parental behaviors that foster a child's capacity to love, trust, explore and learn. The goal of positive parenting is to help parents guide their children's healthy development in the context of the family's culture. Key elements of positive parenting include the ability to:

- Understand or imagine the child's point of view, especially during challenging moments.
- Respond with interest and sensitivity to the child's cues.
- Recognize that parenting can be stressful and missteps are a natural part of child-rearing.
- Recognize and celebrate the child's strengths, abilities, and capacity to learn and develop.
- Provide consistent, age-appropriate guidelines and limits for child behavior.
- Work toward a balance of meeting parental needs and child needs.
- Delight in moments of connection with the child.
- Recognize and regulate their own feelings and behaviors before they respond to the child.
- Seek help, support or additional information on parenting when needed.

## 2-1-1 LIFE LINE

Home A

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Caring Connections Parent Resources Flyer VI

# CARING CONNECTIONS

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RECURSOS  
PARA PADRES  
y más...



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- Let's find a new toy
- Redirect to a new activity
- Talk and play with your child
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- Acknowledge feelings
- I see that not getting a turn made you angry.

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