

Nurture Them, Nurture Yourself



Teach your children kindness and they will treat others with kindness.

School readiness begins with health!



THE NATIONAL CENTER ON
Health

Parents—help your child learn positive behavior!

- All children misbehave or engage in challenging behavior sometimes.
- How you handle your child's misbehavior can make a big difference in how your child behaves throughout her life.

Treating your child with kindness and respect will help her treat others with kindness and respect. You are modeling positive relationships.

You can take steps to teach your child positive behaviors!



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Nurture your child and yourself!



How to nurture your child

- listen to your child
- respond to your child's needs
- remain calm
- don't expect your child to be perfect
- model appropriate behavior— including saying sorry if you need to



How to nurture yourself

- take care of yourself
- take a break when you need it— if your child is safe
- don't expect yourself to be perfect

Resources

APA—American Psychological Association

<http://www.apa.org/monitor/2012/10/parenting.aspx>

CDC—Centers for Disease Control and Prevention

<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>

CSEFEL—Center on the Social and Emotional Foundations for Early Learning

<http://csefel.vanderbilt.edu/resources/family.html>

TACSEI—Technical Assistance Center on Social Emotional Intervention

http://challengingbehavior.org/do/resources/making_life_easier.html

7 Tips and Tools



Try to understand your child's behavior.



Validate your child's feelings—let her know you understand.



Set clear expectations and encourage the behavior you want.

Help Your Child Feel Loved



Tell your child what you want him to do.



Give choices.



Spend time playing, reading, singing together.



Pay attention to your own feelings and thoughts.

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