

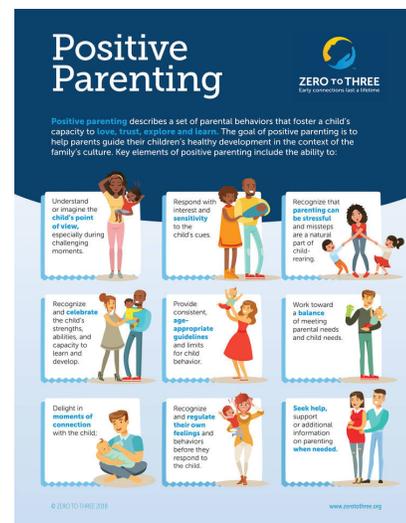
Parents/ Caregivers

Positive Parenting Infographic

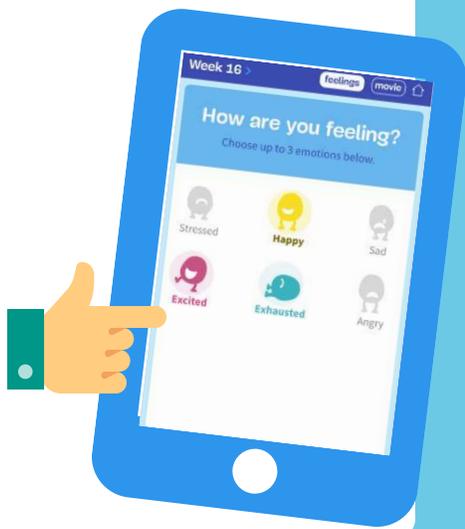
This online infographic highlights nine parenting behaviors that are associated with the development of a secure parent-child attachment, including responding sensitively to children's cues, providing age-appropriate limits, and taking delight in moments of connection.

Source: ZERO TO THREE

Link: www.zerotothree.org/positiveparenting



**Infographics,
Videos,
Apps,
Articles,
And more!**



5 Tips for Responding to Toddler Sass

This online parent resource explains why toddlers are driven to be independent, and provides simple strategies for responding to these behaviors, including *prevention*, *empathetic responses*, *age-appropriate limits*, “picking your battles”, and finding support.

Source: ZERO TO THREE

Link: <https://www.zerotothree.org/resources/2463-5-tips-for-responding-to-toddler-sass>

Parents/Caregivers

The Developmental Relationships Framework

This free, online, downloadable 1-page flyer, available in English and Spanish and written at a seventh grade level, outlines five elements of developmental growth through relationships with important people in the young child's life, actions that the caring adults can strive to achieve, and brief 'definitions' of what each action looks and feels presented through first-person, young child's voice.

Source: Search Institute

Links: https://www.search-institute.org/wp-content/uploads/2018/05/Developmental-Relationships-Framework_English.pdf

https://www.search-institute.org/wp-content/uploads/2018/05/Developmental-Relationships-Framework_Spanish.pdf

Self-Regulation Tips

This short YouTube clip (02:53) walks caregivers through simple, everyday tips to help support infant and toddler self-regulation skills.

Source: 1 to 1 Therapy Services

Link: https://youtu.be/oDRj_1sqZPk



Parents/Caregivers

Building Resilience in Troubled Times: A Guide for Parents

This free, downloadable 3-page resource drawn from Strengthening Families™ outlines five “protective factors,” or strengths, that all families need to thrive in times of stress and provides suggestions on how to accomplish each one: Resilience, Social Connections, Concrete Support, Knowledge of Parenting and Child Development, Social and Emotional Competence.

Source: Center for the Study of Social Policy

Link: <https://cssp.org/wp-content/uploads/2020/05/Strengthening-Families-Building-Resilience-in-Troubled-Times-1-2col.pdf>

Responding to Children’s Emotional Needs & Good Enough Parenting

This video (04:23) focuses on the importance and challenges inherent in parenting using the *Circle of Security*® model and conveys a message of hope and empowerment for parents and caregivers in supporting their child’s social and emotional development.

Source: Circle of Security

Link: <https://www.youtube.com/watch?v=1wpz8m0BFM8>



Parents/Caregivers

Helping Toddlers and Young Children Manage Intense and Hard Feelings

This video (04:53), *Tantrums, Defiance, Aggression—Oh My!* designed for parents, offers guidance on how to help their young child cope with feelings by providing emotional support and limits that are appropriate to their child's age and developmental stage.

Source: ZERO TO THREE

Link: <https://www.zerotothree.org/resources/29-tantrums-defiance-aggression-oh-my>



Small Moments, Big Impact (SMBI)

This free online resource and iPhone app, developed by Dr. Barry Zuckerman and colleagues at Boston Medical Center, support parents during their baby's first six months by focusing on the parents' relationship with their baby and feelings of love, stress, fatigue, frustration, and hope. SMBI includes 24 weeks of mothers' and fathers' stories, videos of mothers and fathers interacting with their baby, promotion of self-reflection, opportunities to express thoughts and feelings, and prompts to make videos of the baby. Work is underway to translate into Spanish and extend beyond six months.

Source: Boston Children's Hospital

Link: www.smallmomentsbigimpact.com

<https://apps.apple.com/us/app/small-moments-big-impact/id1495749073>

Parents/Caregivers

Talking to Children About Racial Bias

In this article, posted online and accessible in English and Spanish, two pediatricians provide information on children learning about race starting as young as six months old and strategies parents can use to teach their children about racial differences and racism. The article also includes additional links to more information on culture and diversity, children's books, and apps and games.

Source: American Academy of Pediatrics

Link:

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx>



Self-Care for Parents/Caregivers

This 1-page downloadable flyer briefly outlines seven tips a parent can do as “you time” to reduce stress and be better able to care for their children.

Source: Sesame Street in Communities

Link: <https://sesamestreetincommunities.org/topics/health-emergencies/?activity=self-care-3>

