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American Academy
of Pediatrics



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CARE Project - Primary Care Provider Tool Kit: Early Relational Health

Key:

Table 1: Resources to Answer: “What is Early Relational Health?”

Table 2: Resources for promoting Early Relational Health strategies in primary healthcare

Table 3: Resources for implementing Early Relational Health strategies in the home

Table 1: Resources to Answer: “What is Early Relational Health?”

Source	Description(s)	How to Access
American Academy of Pediatrics: https://www.aap.org	Learn about early relational health as a component of patient care during well-child exams. <ul style="list-style-type: none"> ● Introduction to Early Relational Health <ul style="list-style-type: none"> ○ (Part 1 & 2) ○ Early Relational Health Implementation Guide (scroll down at first link) 	https://bit.ly/3LftwQo <ul style="list-style-type: none"> ● Part 1: https://bit.ly/3AaeSDp ● Part 2: https://bit.ly/3UOold6

Table 2: Resources for promoting Early Relational Health strategies in primary healthcare

Source	Description(s)	How to Access
American Academy of Pediatrics: https://www.aap.org	<ul style="list-style-type: none"> ● How to Address Common Concerns Using Early Relational Health during: <ul style="list-style-type: none"> ○ 6-month, 3-year, 4-year well-child exams 	<ul style="list-style-type: none"> ● 6-month https://bit.ly/3LdS5gm ● 3-month https://bit.ly/41nyLTv ● 4-year https://bit.ly/3oqUbK8

<p>Learn the Signs Act Early (CDC)</p> <p>https://www.cdc.gov/</p>	<ul style="list-style-type: none"> ● Milestone Checklists for each age include social/emotional milestones along with parenting tips that address early relational health along with other components of healthy development. ● Developmental Surveillance Resources for Healthcare Providers includes a link to the Milestone Checklists and other materials useful to primary care providers. ● Marketing materials for CDC’s Milestone Tracker 	<ul style="list-style-type: none"> ● https://bit.ly/3Hk1Bwj ● https://bit.ly/40ISaTB ● https://bit.ly/3A9aViv
<p>Brazelton Touchpoints Center</p> <p>https://www.brazeltontouchpoints.org/</p>	<p>Brazelton Touchpoints Center offers “A Conversation Roadmap for Talking with Families about their Child’s Development.”</p>	<ul style="list-style-type: none"> ● https://bit.ly/3AcN1Te

Table 3: Resources for implementing Early Relational Health strategies in the home

Source	Description(s)	How to Access
<p>Head Start</p> <p>https://eclkc.ohs.acf.hhs.gov/</p>	<p>Head Start offers professional development on positive behavior support. The slides for Part 1 include a number of videos that may be useful.</p>	<ul style="list-style-type: none"> ● https://bit.ly/43IHpOz
<p>Just in Time Parenting</p> <p>https://jitp.info/</p>	<p>According to their website, Just in Time Parenting is an educational partnership of educators and researchers from land-grant universities across the county. It offers a subscription to a free online parenting newsletter (including an option for professionals).</p>	<ul style="list-style-type: none"> ● https://jitp.info/
<p>Vancouver Clinic</p> <p>https://tvc.org/news/reading-to-children-for-relational-health/</p>	<p>A book is an amazing tool that parents can use to promote shared attention with their children. Just taking five minutes to sit and read a book with a child can address the child’s needs for attention and affection. During times of stress or</p>	<ul style="list-style-type: none"> ● https://www.kidlit.tv/category/read-out-loud/ ● https://www.audible.com/start-listen

	<p>anxiety, children are most in need of the routine and sense of security provided by reading a book with a loved one. The website has recommendations for Virtual Reading and Live events:</p> <ul style="list-style-type: none"> ● KidLitTV ● Amazon’s Audible Library - Free ● San Diego Zoo Live Cams ● Georgia Aquarium-Ocean Voyager Cam 	<ul style="list-style-type: none"> ● https://sdzwildlifeexplorers.org/videos ● https://www.georgiaaquarium.org/webcam/ocean-voyager/
<p>CDC Milestone Tracker</p>	<p>Free app for Android and Iphone which tracks development milestones of children.</p>	<ul style="list-style-type: none"> ● https://www.cdc.gov/ncbddd/actearly/milestones/index.html



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CARE Project Positive Parent Resource Handout

Books:

123 Magic:

<https://bit.ly/40oMJDn>



The Conscious Parent:

<https://bit.ly/43Jg2n3>



12 Principles for Raising a Child with

ADHD: <https://bit.ly/3GXygHL>



Parenting the Strong-willed
Child: <https://amzn.to/3GRByfl>

The Explosive Child:
<https://bit.ly/3LaxLwi>



Classes:

Love and Logic:

<https://bit.ly/3UQiWIV>



Triple P:

<https://bit.ly/3KRxgWv>



Big Little Feelings:

<https://bit.ly/3N1ftPH>



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Websites:

Healthychildren.org
<https://bit.ly/3MRPOsB>



CDC:
<https://bit.ly/3KTqHTs>



Vroom:
<https://www.vroom.org/>



Online:

Big Little Feelings Instagram:
<https://bit.ly/3ActCBS>

Sesame Street in Communities Instagram:
<https://bit.ly/41mh9Yg>

Big Little Feelings Website:
<https://bit.ly/40oTxRr>

Sesame Street in Communities Website:
<https://bit.ly/41HZque>



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CARE Project EPIC Smart Phrases

How to Create Smartphrases

Go to the Epic dropdown menu at top left:

- Chose MySmartPhrases
- New User SmartPhrase
- Enter the title at the right
- Enter text or copy/paste
- Title will become a dotphrase for you

How to Share Smartphrases

Select the Epic drop down menu, search for Tools. You are then going to select the SmartPhrase Manager. Enter User name and select go. To steal a SmartPhrase, highlight the desired phrase and select the share option located on the toolbar.

Resources for Smartphrases included below:

Positive Parenting through Tantrums
Calming Tools and Strategies
Positive Parenting Opposites
6 Principles of Positive Parenting
15 Ways to be a Positive Parent
What are the Benefits of Positive Parenting?
What is Positive Parenting?
What Positive Parenting Looks Like
Positive Parenting
4 Keys to Positive Parenting Success




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Positive Parenting TODDLER TANTRUMS


TRY THIS

 STAY CALM AND RESPOND WITH CONFIDENCE


 RESPOND IN THE MOMENT, AND MOVE ON AFTERWARDS


 STAY CLOSE AND BE EMOTIONALLY AVAILABLE


 ENCOURAGE ALL FEELINGS


 REMEMBER THAT BEHAVIOR IS COMMUNICATION


NOT THIS

 OVERREACT OR YELL

 TALK TOO MUCH OR DWELL ON IT AFTER THE FACT

 SAY NOTHING OR IGNORE

 SHAME YOUR CHILD ("BIG BOYS DON'T CRY")

 GUILT YOUR CHILD

ourdailymess.com

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:

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

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www.zerotothree.org

1,978 x 2,560

What Positive Parenting Looks Like

Spending one-on-one time and **delighting in moments of connection** with the child

Praising specific actions through words, instead of using rewards or bribes

Recognizing that parenting can be stressful, and **focusing on what you can control**

Providing **consistent, age-appropriate consequences and guidelines** for child behavior

Using **positive interactions to correct problematic behavior**, instead of yelling, time-outs or nagging

Working towards a balance of meeting parental needs and child needs



Early Relationships Matter

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PARENT POSITIVITY

GOES A LONG WAY



"Don't run."

"Let's walk so we stay safe!"

"Don't touch that!"

"Hands in your pockets, please!"

"Stop being sassy!"

"I love it when you use your polite words."

"Pick up your toys!"

"Let's work like a team!"

6 PRINCIPLES OF POSITIVE PARENTING

1 Misbehavior is your child's way of **COMMUNICATING** an unmet need

2 Validate your child's **EFFORT**

3 Give your child the **RESPECT** you want them to give you

4 Never punish your child for their **FEELINGS**

5 Express **CONFIDENCE** in their abilities

6 **REMEMBER:**
The worse they feel, the worse they behave

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CALMING TOOLS AND STRATEGIES



100 Calm Down Tools & Strategies

<ul style="list-style-type: none"> Glitter Jars I-spy Sensory Bottles Mazes Coloring Mandalas Look and Find Books Visual Schedules Visual Timers Hour Glass Visual Calming Cards Sunglasses Spins Jumps Sit and Spin Hang Upside Down Roll into a Ball Hand Fidgets Stress Balls Playdough Silly Putty Bubble Wrap Kaleidoscope Calming Music Plastic Snow Globe Finger Maze Journal 	<ul style="list-style-type: none"> Sensory Tunnels Weighted Blanket Resistance Bands Weighted Vest Body Socks Flashlight Light Up Toys Spinning Tops Shadow Puppets Pinwheels Essential Oils Scratch and Sniff Noise Canceling Ear Muffs Audiobooks MP3 Players Blow Bubbles Bubble Gum Cheewable Jewelry Count to Ten Blow Out a Candle Feather Blowing Get a Hug Push Against the Wall Yoga Stretches 	<ul style="list-style-type: none"> Take a Walk Ask for a Break Positive Affirmations Drink Something Cold Take a Bath (epsom salts) Rice Sensory Bins Sand Trays Hum a Song Picture Your Happy Place Defeat Thought Monsters Belly Breaths Square Breath Dragon Breath Star Breath Puffer Fish Breath Squish Box Crash Pad Squeeze a Pillow Burrito Rolls Joint Compressions Play with a Pet Push on a Wall Turn Into a Pretzel Photo Album Hug a Stuffed Animal 	<ul style="list-style-type: none"> Take a Shower Think, Feel, Act How Do I Feel Chart Hiss Like a Snake Sing the ABCs Name Your Worry Wheelbarrow Walks Listen to a Rainstick Suck Ice Brush Hair/Skin Mop Body Shapes Bean Bags Carry a Backpack Bounce on a Ball Build with Blocks Do a Puzzle Ride a Bike Play an Instrument Count Backwards Drink a Smoothie Silly Faces Climb a Tree Scent Jars Wrap in a Blanket Drink Water
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4 KEY POINTS TO POSITIVE PARENTING SUCCESS:

<p>01</p> <p>Effective Parenting</p> <p>Your words and actions influence the way you want your child to act or be.</p>	<p>02</p> <p>Consistent Parenting</p> <p>You follow similar principles or practices in your words and actions.</p>	<p>03</p> <p>Active Parenting</p> <p>You actively participate and are involved in your child's life.</p>	<p>04</p> <p>Attentive Parenting</p> <p>You monitor and pay attention to what goes on in your child's life.</p>
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americanspcc.org
The Nation's Voice for Children
NIH.gov

1,132 x 1,100

POSITIVE PARENTING



15 Ways To Be a Positive Parent

BilingualKidspot.com

- 1 CONSEQUENCES THAT MAKE SENSE
- 2 VALIDATE, EMPATHIZE, SYMPATHIZE
- 3 TALK AT THE CHILD'S LEVEL
- 4 EXPLAIN & HELP THEM LEARN FROM THEIR MISTAKES
- 5 TALK TO YOUR CHILD LIKE AN INDIVIDUAL
- 6 PROVIDE WARNINGS
- 7 PROVIDE CLEAR EXPECTATIONS
- 8 TELL KIDS WHAT THEY SHOULD DO RATHER THAN WHAT THEY SHOULDN'T
- 9 KEEP IT POSITIVE
- 10 BE CONSISTENT AND KEEP YOUR WORD
- 11 BE LOVING AND FIRM
- 12 USE HUMOR
- 13 LET YOUR CHILD HAVE A RIGHT TO THEIR FEELINGS
- 14 BE AWARE OF AGE APPROPRIATENESS
- 15 KEEP YOUR OWN FEELINGS AND JUDGMENTS IN CHECK

Read more: <https://bilingualkidspot.com/2018/10/31/what-is-positive-parenting-tips-techniques/>



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What are the Benefits of Positive Parenting?

	Decreases children's externalising behaviours	
Provides emotional safety for children		Teaches children about accountability and responsibility
	Fosters children's self confidence	
Positively impacts children's development		Protects children's mental health and wellbeing

What is Positive Parenting?

	Positive parenting works with children's strengths instead of picking at their weaknesses.
Positive parenting understands children's developmental needs and responds appropriately.	
	Positive parenting recognises, rewards and reinforces positive behaviours.
Positive parenting shows empathy.	
	Positive parenting recognises the child as an individual with rights.
Positive parenting builds trust, communication and respect in the parent-child relationship.	



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PUPPETalk

You are your child's first and most important teacher. We know that talking to babies is the most important way to grow their brains. A finger puppet will help you and other family members talk with your child. Talk when you feed, bathe, and play with your baby. Talk when you change the diaper and put your baby in the car seat. Be creative and have fun! Every child is different, so add your own variations and create new activities.

Even when you don't have your puppet with you, remember to always keep talking with your child!

- 01** Name your finger puppet and use an encouraging and soothing voice with it.
- 02** Coo, blow raspberries, and make silly sounds. Imitate or repeat sounds that your baby makes as you take turns talking back and forth.
- 03** Say your baby's name while moving your puppet up and down and side to side. Try to get your child to follow the movement. Play peek-a-boo by covering and uncovering your puppet. You can say: "Where is your puppet? Here he is! Good job, you found your puppet!"
- 04** Babies like gentle touch and massage. Place your baby on a safe surface over a blanket or floor mat. Roll her arms between your fingers using light pressure. Work your way down to her feet where you can trace circles on her soles. Talk to your child, telling her she is beautiful and naming the different body parts. Play with her toes and add the *This Little Piggy Went to Market* rhyme.
- 05** Look at pictures in books and magazines. Name and describe what you see. Your baby may especially like looking at black and white, bright colors, and patterns.
- 06** Walk around the house and explore. Name and talk about the different objects you find. Describe colors, numbers, sizes, shapes, and textures.
- 07** Explore the outdoors using different senses. Let your child see, touch, and smell the grass, leaves, tree bark, and other objects. Feel the breeze, listen to the birds, and smell the flowers. Your puppet should describe these things as your child discovers and explores.
- 08** Read simple books. Name the objects and describe the colors, shapes, and other details of the pictures.
- 09** Sing songs and say rhymes such as *Twinkle Twinkle Little Star*, *Old MacDonald Had a Farm*, the *Hokey-Pokey*, and so many more! Do you have a favorite song from your childhood? Have your puppet gently tap out the beat on your child's tummy and sway to the music so your baby feels the soothing rhythm.
- 10** Tummy time is an important way for your child to gain head control. On a safe and flat surface, place your child on his tummy. Use your puppet to help your baby explore a new toy and look in a mirror. Move the puppet around your baby to encourage him to move his head and find the puppet.



PUPPETalk

Actividades CON TÍTERES DE DEDO

Usted es el primer maestro de su hijo(a), y el más importante. Sabemos que hablarles a los bebés es el método más importante para hacer que sus cerebros se desarrollen. Un títere de dedo le ayudará a usted y a otros miembros de su familia a hablar con su hijo(a). Hable cuando lo alimente, lo bañe y juegue con su bebé. Háblele cuando le cambie el pañal y cuando lo ponga en el asiento para el auto. ¡Sea creativo y diviértase! Cada niño es diferente, así que agregue sus propias variantes y cree actividades nuevas.

Incluso cuando no tenga al títere con usted, ¡recuerde seguir hablándole siempre a su hijo(a)!

01

Dele un nombre a su títere de dedo y use una voz animada y relajante cuando lo use.

02

Haga sonidos de arrullos, de trompetillas y otros sonidos tontos. Imite o repita sonidos que su bebé hace mientras toma turnos y habla de ida y vuelta.

03

Diga el nombre de su bebé mientras mueve el títere de arriba hacia abajo y de un lado al otro. Trate de que su hijo(a) siga el movimiento. **Juegue a las escondidas** cubriendo y descubriendo al títere. Puede decirle: “¿Dónde está tu títere? ¡Aquí está! Bien hecho, ¡encontraste a tu títere!”

04

Los bebés prefieren que los toquen y les den un **masaje con gentileza**. Coloque a su bebé sobre una superficie segura y por encima de una manta o una colchoneta. Envuelva los brazos del bebé entre sus dedos con una presión muy ligera. Continúe hacia abajo hasta llegar a los pies, donde puede trazar círculos en las plantas de los pies. Háblele a su hijo(a) mientras le dice que es hermoso(a) y le nombra las diferentes partes del cuerpo. Juegue con los dedos de los pies y recite la rima *Este cerdito se fue al mercado*.

05

Miren las imágenes en los libros y en las revistas. Nombre y describa lo que ve. A su bebé puede gustarle particularmente mirar las imágenes en blanco y negro, a color y los patrones.

06

Camine por la casa y explórela. Nombre y hable sobre los diferentes objetos que encuentre. Describa los colores, los números, los tamaños, las formas y las texturas.

07

Exploren los exteriores mientras usan diferentes sentidos. Deje que su hijo(a) vea, toque y huelga el césped, las hojas, la corteza de los árboles y otros objetos. Deje que sienta la brisa, escuche los pájaros y huelga las flores. El títere debe describir estas cosas mientras su hijo(a) descubre y explora.

08

Lea libros simples. Nombre los objetos y describa los colores, las formas y otros detalles de las imágenes.

09

Cante canciones y recite rimas como *Brilla, brilla, Estrellita*, *El viejo MacDonald tenía una granja*, *el Hokey-Pokey* y muchos más. ¿Tiene una canción favorita de su infancia? Haga que el títere marque el ritmo suavemente sobre la barriguita de su bebé y balancéese al ritmo de la música para que su bebé sienta el ritmo reconfortante.

10

El tiempo con la barriguita hacia abajo es una manera importante para que su hijo(a) obtenga el control sobre su cabeza. Coloque a su hijo(a) sobre la barriguita sobre una superficie segura y plana. Use al títere para ayudarle a su bebé a **explorar un juguete nuevo y mirar en el espejo**. Mueva al títere alrededor de su bebé para motivarlo a mover la cabeza y encontrarlo.



CARE Project Early Relational Development Resources

CDC Milestones: Child's expected developmental milestones at each age



Zero to Three parent resources



Reach Out and Read Diverse Book List



Sesame Street in Communities



Harvard's 5 Steps for Brain Building



Genius of Play: Ideas for creative play with children



CC123



VROOM: How to engage with your child at every age



Healthychildren.org Tantrums



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