



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

Glitter Jars	Sensory Tunnels	Take a Walk	Take a Shower
I-spy Sensory Bottles	Weighted Blanket	Ask for a Break	Think, Feel, Act
Mazes	Resistance Bands	Positive Affirmations	How Do I Feel Chart
Coloring Mandalas	Weighted Vest	Drink Something Cold	Hiss Like a Snake
Look and Find Books	Body Socks	Take a Bath (epsom salts)	Sing the ABCs
Visual Schedules	Flashlight	Rice Sensory Bins	Name Your Worry
Visual Timers	Light Up Toys	Sand Trays	Wheelbarrow Walks
Hour Glass	Spinning Tops	Hum a Song	Listen to a Rainstick
Visual Calming Cards	Shadow Puppets	Picture Your Happy Place	Suck Ice
Sunglasses	Pinwheels	Defeat Thought Monsters	Brush Hair/Skin
Spins	Essential Oils	Belly Breaths	Mop
Jumps	Scratch and Sniff	Square Breath	Body Shapes Bean Bags
Sit and Spin	Noise Canceling	Dragon Breath	Carry a Backpack
Hang Upside Down	Ear Muffs	Star Breath	Bounce on a Ball
Roll into a Ball	Audiobooks	Puffer Fish Breath	Build with Blocks
Hand Fidgets	MP3 Players	Squish Box	Do a Puzzle
Stress Balls	Blow Bubbles	Crash Pad	Ride a Bike
Playdough	Bubble Gum	Squeeze a Pillow	Play an Instrument
Silly Putty	Cheewable Jewelry	Burrito Rolls	Count Backwards
Bubble Wrap	Count to Ten	Joint Compressions	Drink a Smoothie
Kaleidoscope	Blow Out a Candle	Play with a Pet	Silly Faces
Calming Music	Feather Blowing	Push on a Wall	Climb a Tree
Plastic Snow Globe	Get a Hug	Turn Into a Pretzel	Scent Jars
Finger Maze	Push Against the Wall	Photo Album	Wrap in a Blanket
Journal	Yoga Stretches	Hug a Stuffed Animal	Drink Water

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/>

4 KEY POINTS TO POSITIVE PARENTING SUCCESS:

01



Effective Parenting

Your words and actions influence the way you want your child to act or be.

02



Consistent Parenting

You follow similar principles or practices in your words and actions.

03



Active Parenting

You actively participate and are involved in your child's life.

04



Attentive Parenting

You monitor and pay attention to what goes on in your child's life.



americanspcc.org
The Nation's Voice for Children
NIH.gov

1,132 x 1,100



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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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