

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







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, timeouts or nagging

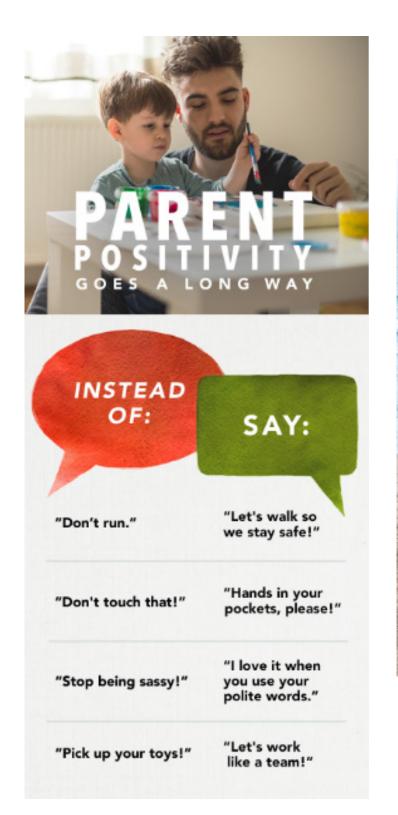
Working towards a balance of meeting parental needs and child needs











6 PRINCIPLES OF POSITIVE PARENTING Misbehavior is your child's way of COMMUNICATING an unmet need Validate your child's EFFORT Give your child the RESPECT you want them to give you Never punish your child 4 for their FEELINGS Express CONFIDENCE in their abilities REMEMBER: The worse they feel, the worse they behave ourdailymess.com

CALMING TOOLS AND STRATEGIES



100 Calm Down Tools & Strategies

Glitter Jars I-spy Sensory Bottles Mazes

Coloring Mandalas Look and Find Books

Visual Schedules Visual Timers

Hour Glass Visual Calmine 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

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

Chewable Jewelry

Count to Ten

Blow Out a Candle

Feather Blowing

Get a Hug

Push Against the Wall Yoga Stretches

Take a Walk Ask for a Break Positive Affirmations

Drink Something

Take a Bath (epsom

Rice Sensory Bins Sand Trays

Hum a Song Picture Your Happy Place

Defeat Thought

Belly Breaths

Square Breath

Dragon 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

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

Мор

Body Shapes Bean Bags

Carry a Backnack

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

POSITIVE PARENTING

15 Ways To Be a Positive Parent

SliingualKidspet.com

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

Read more: https://bilingualkidspot.com/2018/10/31/whatis-positive-parenting-tips-techniques/

4 KEY POINTS TO POSITIVE PARENTING SUCCESS:



Parenting

Your words and actions influence the

American SPCC



Parenting





Active Parenting

your child's life.

participate and



americanspcc.org NIH.gov 1.132 × 1.100



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN"



What are the Benefits of Positive Parenting?



Decreases children's externalising behaviours



Provides emotional safety for children



Teaches
children about
accountability
and
responsiblity



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.









