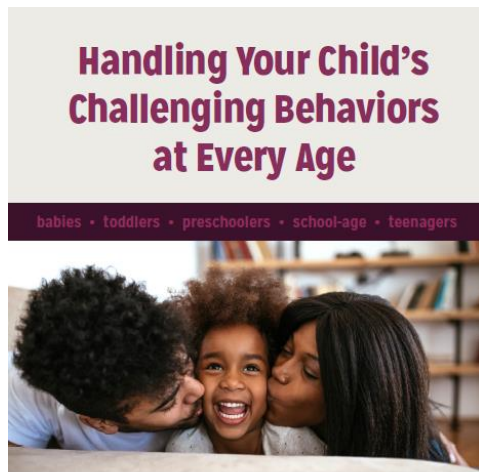


YOLO COUNTY PARENTING GUIDES

To support you as you raise your children, Yolo County Children's Alliance and the Yolo County Child Abuse Prevention Council have created parenting materials just for you and your family. We hope the information in these guides will give you ideas about how to nurture your child, weather emotional storms, take care of yourself, and enjoy time with your child, while also helping you feel empowered and closer to your child.

All guides are available in English, Spanish, and Russian at www.yolokids.org/forfamilies. Many guides have a *Conversation Starters for Providers* at www.yolokids.org/providers-guides. For more information, contact Natalie Audage at natalie.audage@yolocounty.org or 530-902-8249.



Parenting is one of the hardest jobs in the world, while raising children can bring a lot of joy and love into our lives. It's also a lot of work and responsibility to prepare children to be independent and capable adults. Parenting is particularly difficult because our children are constantly changing. Knowing what to expect helps us understand that many challenging behaviors are just a normal part of growing up, as our children grow, our expectations and the way we parent should change as well.

This guide can make parenting a little easier by helping you learn more about how to connect with your child and handle challenging behaviors at every age.

Handling Your Child's Challenging Behaviors at Every Age

Parenting is one of the hardest jobs in the world. While raising children can bring a lot of joy and love into our lives, it's also a lot of work and responsibility to prepare children to be independent and capable adults. Parenting is particularly difficult because our children are constantly changing. Knowing what to expect helps us understand that many challenging behaviors are just a normal part of growing up. As our children grow, our expectations and the way we parent should change as well. This guide can make parenting a little easier by helping you learn more about how to connect with your child and handle challenging behaviors at every age.

www.yolokids.org/handling-your-childs-challenging-behaviors-every-age (AVAILABLE 4/1/20!)



We all feel stressed sometimes. Some stress is a normal, healthy part of life. It can help us stay safe, try harder, or make us grow stronger. However, intense stress that doesn't go away can be too much to handle without help.

As a parent or caregiver, there are ways you can help your child handle intense stress. Much like a seed that overcomes a difficult environment to grow and flower, you and your child can bloom even in challenging times. This guide has nurturing tips and resources that can protect you and your child from the effects of intense stress. These ideas will also help you connect with your child.

This guide is for parents and caregivers who want to learn how to bloom even in stressful times while helping children do the same!

Nurturing Children During Times of Stress: A Guide to Help Children Bloom

We all feel stressed sometimes. Some stress is a normal, healthy part of life. It can help us stay safe, try harder, or make us grow stronger. However, intense stress that doesn't go away can be too much to handle without help. As a parent or caregiver, there are ways you can help your child handle intense stress. This guide has nurturing tips and resources that can protect you and your child from the effects of intense stress. These ideas will also help you connect with your child.

www.yolokids.org/nurturing-children-during-times-stress-guide

YOLO COUNTY PARENTING GUIDES

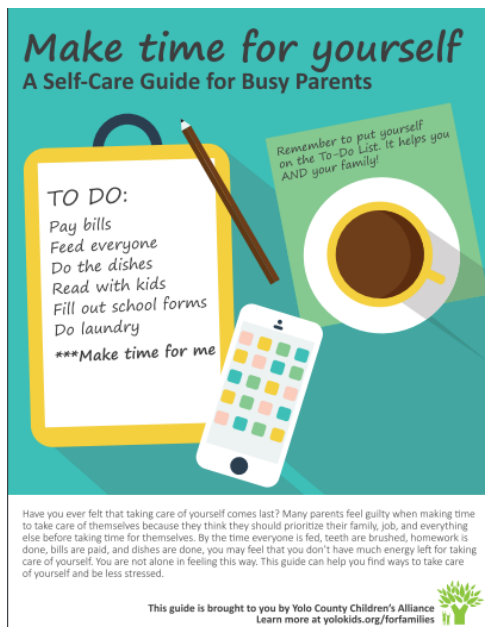


Weathering the Storms: A Guide to Healthy Expressions of Emotions for Parents and Children

We've all been there! Our toddler has a meltdown, our child gets really upset and has a hard time calming down, or our teenager's emotions are unpredictable. These emotional storms may cause us to feel angry, frustrated, helpless, or embarrassed. We may even say or do things we regret. Emotions can be overwhelming, like a storm, but learning to express emotions in a healthier way can make these difficult times less stressful.

This guide can help you and your child weather emotional storms. By modeling and teaching your child the ideas and skills in this guide, you can help your child manage emotions better. Practicing these skills yourself can improve communication with your child, partner, relatives, coworkers, and friends. Learning to express your emotions in a healthier way can help you be calmer and more in control of your actions.

www.yolokids.org/weathering-storms-guide-healthy-expressions-emotions




Make Time for Yourself: A Self-Care Guide for Busy Parents

Have you ever felt that taking care of yourself comes last? Many parents feel guilty when making time to take care of themselves because they think they should prioritize their family, job, and everything else before taking time for themselves. You are not alone. This guide can help you find ways to take care of yourself and be less stressed. The self-care ideas are separated into those that only take about 5 minutes to do and those that you can do when you have more time. There are also activities you can do with your child.

www.yolokids.org/make-time-yourself-self-care-guide-busy-parents

YOLO COUNTY PARENTING GUIDES



Now with information on times to connect

talk + play

CONNECT

Time with your kids... It adds up!

babies • toddlers • preschoolers • school-age • teenagers

Toolkit for Families

WHAT'S INSIDE:

- Information about why talking and playing is so important
- Tips on how to talk to kids
- Book recommendations for parents and kids on talking and dealing with feelings
- Activities for you to do with kids - at any age!

This toolkit is brought to you by Yolo County Children's Alliance (YCCA). Learn more at yolokids.org/forfamilies


Talk + Play = Connect Toolkit for Families

Parents and caring adults make such a difference in children's lives in so many ways. Talking and playing are two ways that you can nurture and connect with your children. Even just spending 10 minutes every day with your child, talking and playing with them can make a difference in your child's life. This guide has talking and playing ideas for you to try during every childhood stage: baby, toddler, preschooler, school-age, and teenager.

www.yolokids.org/talkplayconnect-toolkit-families

YOLO COUNTY CHILDREN'S ALLIANCE | yolokids.org

CHOOSING A CHILD CARE PROVIDER




It is so important for you to feel comfortable with the child care provider you choose for your child. As you look for the right child care provider, remember that **you know your child best**. You also know what your child needs to grow and thrive. You have the right to ask questions and to feel good about the care that your child receives. **Trust your own feelings**. If something doesn't feel right to you, either when you're choosing a provider or when your child is already in care, think about why you're uncomfortable and ask questions.

This guide provides you with some ideas about areas to consider and some questions you can ask possible providers for your child. **If at all possible, bring your child to the facility or home** before deciding on a provider so you can watch your child interact with the provider. This can help you judge if the provider is a good fit for your child.

Your child is so lucky you are thinking about his or her health, safety, and developmental needs during this process!

Questions to Ask Child Care Providers



- **Why do you work with children? What do you like most? What do you like least?**
Look for people who are excited about working with children. Also observe how providers interact with children. Look for warm, caring, responsive relationships between providers and children.
- **What education or training have you had in early childhood development or childcare?**
Look for situations with low turnover.
- **Do you have CPR and first-aid training?**
- **How do you handle discipline? What are the most common discipline issues you see?**
Ask about how providers handle tantrums, pushing, fighting, hitting, and arguments.
- **How do you comfort children? What would you do if my baby or child wouldn't stop crying?**
You want caregivers to try various things to calm your child and also ask what works best for your child.
- **How do you let parents know about what goes on during the day?**
For example, how are parents informed about emergencies or issues concerning their child?
- **What activities do you do with children? Do you have a schedule?**
Look for age-appropriate activities and toys, active and quiet play, free choice time, rest or nap time, indoor and outdoor time, snacks and meals.

If You Have Concerns

If you are not comfortable with your child's care provider, if you have questions or concerns about a child care provider or the care your child is receiving, do not hesitate to learn more and get help. Call Community Care Licensing at 1-844-538-8768 or visit www.ccl.ca.gov

This Tip Sheet was produced by Yolo County Children's Alliance. Learn more at yolokids.org

Choosing a Child Care Provider

It is so important for you to feel comfortable with the child care provider you choose for your child. This guide can help you make a good choice. It gives you questions to ask providers as well as questions related to supervision, the child care site, and hygiene and safety. The guide also encourages you to trust yourself. You know your child best. You know what is right for him or her!

www.yolokids.org/choosing-child-care-provider