

BIG IDEA #8: ALL CHILDREN NEED TO GROW UP IN HOMES THAT ARE SAFE, STABLE, & NURTURING

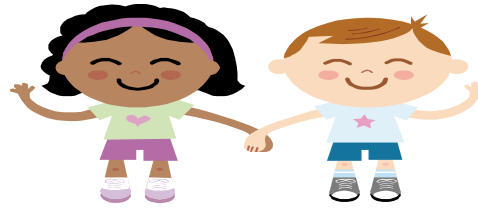
When we hold, cuddle, rock, sing to, feed, kiss or do other nurturing behaviors while caring for infants and young children, we are bonding with them and helping them to bond with us. How we spend our time and how much time we spend with our babies and young children are very important to their healthy development.

BIG IDEA #9: PARENTS ARE THEIR CHILDREN'S FIRST TEACHER

Most of what our children learn they will learn from us. They will learn how to talk and how to get along with others. From us, they will learn how important education is. We need to talk often to our children. Kids who have lots of conversations with their parents do better in school. Remember, they will always be watching what we say and do. We need to remember to act like we want our children to act.

BIG IDEA #10: TAKE TIME EACH DAY TO LET YOUR CHILDREN KNOW HOW SPECIAL THEY ARE TO YOU

These years go by quickly. They are not easy years, but they are very special years. Our children are growing and making new discoveries each day. Enjoy these moments with them. All children need to know they are special to someone. As parents and caregivers, we can help kids to feel secure, be their best and first teachers, and support them throughout their development right from the start.



This information is provided to you through funding by:



Merced County Mental Health



Merced County Office of Education

For more information please visit

CARING KIDS' webpage:

<http://www.mcoe.org/deptprog/earlyed/CK/Pages/Caring-Kids.aspx>

Or call: 381-6790 ext:6146

Merced County Office of Education



**10
BIG
IDEAS**

to help our kids
grow to be the
best they can be!

Caring Kids' 10 BIG IDEAS

BIG IDEA #1: CATCH THEM BEING GOOD

If we pay attention to things our children do right and praise them for these behaviors, they will do these positive behaviors more often. This is the best way to increase good behaviors. Our children should hear positive praise from us four times more than they hear what they are doing wrong.



BIG IDEA #2: DON'T ACCIDENTALLY REWARD UNWANTED BEHAVIOR

It is important to remember that every time we give in to unwanted or bad behavior it makes it more likely that children will do that behavior again in the future. So, if a child is crying for candy and we give it to him, he will probably cry again when he wants candy.

BIG IDEA #3: TEACH YOUR CHILDREN APPROPRIATE BEHAVIORS YOU WOULD LIKE THEM TO DO INSTEAD OF THE UNWANTED BEHAVIORS

If our children are doing unwanted behaviors to get something they want or to get out of doing something they do not want to do, they need to learn a more appropriate way to get the same result. It takes time, but when our children are doing something we do not like we need to teach them what they *should* do instead.

BIG IDEA #4: GRANDMA'S RULE

Grandma's Rule is requiring children to do something they do not want to do before they are allowed to do something they really do want to do. An example would be, having to do a chore before playing or having to eat vegetables before getting dessert. Grandma's Rule helps teach good work habits and helps kids to understand that they "earn" privileges by fulfilling their responsibilities first.

BIG IDEA #5: GIVE CLEAR DIRECTIONS and ONLY ONE TIME

When we give our children directions they should be clearly stated and we should give the direction only one time. If a child does not follow the direction, we need to have a plan to follow through with the direction we have given. So, if we tell our children to pick up their toys and they do not, then we can use "Grandma's Rule" and say something like, "You will not be able to play outside until you pick up your toys."

BIG IDEA #6: TAKE CARE OF OURSELVES

The best way to make sure that we can be effective when trying to teach our children to behave is to take care of ourselves also. Raising children is very hard work. We need to remember that our needs are important too. Find healthy ways to help reduce stress. When we are rested and calm we are better able to avoid conflicts with our children and better prepared to respond when children are being difficult.



BIG IDEA #7: PROVIDE STRUCTURE AND ROUTINES

Routines give children a sense of security and help them to develop self-discipline. When children know what will happen next, they feel more comfortable. Children who grow up in homes that have established routines and structure have an easier time getting used to the structure of school. It also gives them a good head start in learning how to organize themselves when they become adults.