



# LESSON 1

## PARENT RESOURCE GUIDE

CHILD DEVELOPMENT 101 FOR PARENTS

REVIEW & FIRST STEPS

TOOLS FOR SUCCESS & PROGRESS CHECKS

SUPPLEMENTAL MATERIALS LIST



HOLISTIC  
POSITIVE  
PARENTING

# LEARNING OBJECTIVES & FIRST STEPS FOR EACH MODULE

The Holistic Positive Parenting Course is designed to be completed one lesson at a time as future lessons build on your knowledge from the previous lessons.

While we understand that you may have specific problems you want to address ASAP, you will actually have more success if you start with the basics.

Experience has shown that as you implement the recommended activities in the first few lessons, you may see improvement without need for problem specific interventions.

However, subsequent lessons plus additional material will be there if you need it to address specific behaviors you need to address and you will have a tool kit to use down the road if necessary.

Please remember that when you continue to implement the basics, your children will gain skills and character traits that will reduce the likelihood of encounter serious problems as they move through future stages of development.

## Attachment & Parenting Style

### Learning Objectives:

- Understand Attachment Science basics, including the four types of Parent-Child Attachment and how each type influences Parenting Styles.
- Develop the skills associated with the Authoritative Parenting Style (Positive Parenting) and use them in your home to improve cooperation, understanding, and build self-esteem and self-confidence in your children.



## First Steps:

1. Take the Parenting Style Questionnaire (See in Tools for Success)
2. Review your strengths (high ratings on Authoritative Parenting).
3. Look for ways you can grow (rankings not related to Authoritative Parenting).
4. Discuss parenting style and how you want to relate to your child/children with your co- parent(s).
5. Review additional information in your Supplemental Materials list.

## Child Development & Neuroscience Basics for Parents

### Learning Objectives:

- Understand the basics of Child Development and how you can support and promote healthy development in your children.
- Understand the basics of Neuroscience related to brain development and brain function in children, including neuroplasticity.

## First Steps:

1. Review & implement the 5 Steps for Brain Building-Serve & Return ([Download](#))
2. [Visit Our Ages & Stages Page](#) to view normal develop for your child's developmental stage.
3. Spend time playing with your children both individually and as a group if you have more than one.
4. Remember to use Serve & Return during play as well as verbal interactions.
5. Review the list of Online Sources to Promote Learning (in Tools for Success) at Home and help your child find something of interest.



# EXECUTIVE FUNCTIONS KEYS TO INTELLECTUAL AND SOCIAL EMOTIONAL DEVELOPMENT

## Learning Objectives:

Implement activities with your children to promote the development of key executive functions including:

- Attention
- Concentration
- Working Memory
- Impulse Control
- Emotional Regulation

## First Steps

1. Review the Quick Guide to Executive Functions in Tools for Success.
2. Look for “teaching moments” to teach the appropriate skill and encourage it’s use in similar situations.
3. [Download Enhancing and Practicing Executive Function Skills](#) from Harvard University.
4. Find the skills for your child’s age and start engaging in the activities. Have kids in same age group. Do them together
5. If inappropriate behavior persists, problem solve & set up a rewards contract to encourage skill use. See [Executive-Function-Home-Teaching-Tools](#) for some useful tips.



# TOOLS FOR SUCCESS

## DIRECTIONS FOR USE



### Parenting Style Questionnaire

This tool is provided so you can get a picture of your parenting style. The items with high ratings on the Authoritative Parenting section show your strengths as a parent. The high rankings on the remaining sections show areas of weakness that you can improve. You will learn more about how to grow your parenting skills throughout the course. The Supplemental Materials List for this lesson also provides links to websites, more handouts, and books to help you continue to learn and grow as a parent.

### Online Sources to Promote Learning at Home

Provides links to excellent websites with activities, instructional videos, and handouts parents can use to provide additional resources for children to explore new areas of interest, spark creativity, improve and enhance learning skills, and increase their understanding and knowledge base of subject matter.

### Quick Guide to Executive Functions

Provides an overview of executive functions and provides tips on how to help children improve Working Memory, Inhibitory Control and Cognitive Flexibility.

### Enhancing and Practicing Executive Function Skills with Children from Infancy to Adolescence

This remarkable tool provided by the Center for the Developing Child at Harvard University provides fun activities parents and engage in with children and teens to build and strengthen key executive functions that improve both learning and social-emotional skills.

### PDF Downloads:

#### [Positive Solutions for Families Workbook](#)

Provides information and tools to help your child improve emotional regulation and impulse control. The workbook also provides tools to encourage positive relationships in the home, improve social skills and build self-confidence and resilience.

#### [How to Teach Perspective-Taking to Children](#)

Provides tips and activities you can use at home to improve perspective-taking and social interaction in kids. The guide provides specific activities you can use with children based on their developmental stage from preschoolers to high schoolers. (Speech & Language Kids by The SLP Solution)

#### [Building Resilience in Young Children](#)

This booklet is for parents of children from birth to six years. Many of the ideas will also help families with older children. Some of the tips in this booklet apply to all children from birth through six years. Other tips have been given an age range that refers to general stages of child development.

(Please note that the age range for any of the above materials is only a guideline. Every child develops at his or her own rate.)

**Click on this link to [DOWNLOAD TOOLS FOR SUCCESS](#) for this lesson**



# PROGRESS CHECK LIST



Steps & Notes	Date Started	Date Completed
Take the Parenting Style Questionnaire (See in Tools for Success)		
Review your strengths (high ratings on Authoritative Parenting).		
Look for ways you can grow (rankings not related to Authoritative Parenting). NOTES:		
Discuss parenting style and how you want to relate to your child/children with your co- parent(s).		
Review additional information in your Supplemental Materials list.		
Review & implement the 5 Steps for Brain Building-Serve & Return ( <a href="#">Download</a> )		
<a href="#">Visit Our Ages &amp; Stages Page</a> to view normal develop for your child's developmental stage.		
Spend time playing with your children both individually and as a group if you have more than one. Remember to use Serve & Return during play as well as verbal interactions. NOTES:		
Review the list of Online Sources to Promote Learning (in Tools for Success) at Home and help your child find something of interest. NOTES:		
Review the Quick Guide to Executive Functions in Tools for Success. Look for “teaching moments” to teach the appropriate skill and encourage it’s use in similar situations. (This should be an ongoing practice using as needed). NOTES:		
If inappropriate behavior persists, problem solve & set up a rewards contract to encourage skill use. See <a href="#">Executive-Function-Home-Teaching-Tools</a> for some useful tips. NOTES:		

# SUPPLEMENTAL MATERIALS

## Free Downloadable Documents (PDF)

### 5 Steps for Brain-Building Serve and Return

Serve and return interactions make everyday moments fun and become second nature with practice. By taking small moments during the day to do serve and return, you build up the foundation for children's lifelong learning, behavior, and health—and their skills for facing life's challenges. This handout will help you learn the steps and put them into practice with your child. (From the Harvard University Center on the Developing Child)

### Parent Workbook: A Guild to Your Young Child's Healthy Brain Development

Your young child brings a time of wonder and the beginning of a journey with so many questions. This workbook is about hope. It will answer your questions and help you be the best parent you can be. Together, you can thrive. Each stage brings its new challenges and discoveries with opportunities for personal growth. Let's begin the journey of a lifetime! (Orange County Safe From the Start)

## Internet Articles

### Healthy Children Website

for parents from the American Academy of Pediatrics

### What is Secure Attachment and Bonding?

Through discussion of this topic with links to many useful resources from HealthGuide.org

### Child Development Institute

The information here provides parents with the knowledge and guidelines and tools to provide the support, guidance and learning experiences necessary for their child to grow and develop according to his/her unique developmental blueprint. We provide developmental timelines, videos, suggestions for encouraging development and suggestions for more resources to help you and your child.



# SUPPLEMENTAL MATERIALS

## Videos

### [The Strange Situation](#)

This is an example of Secure Attachment. It is normal for the baby to cry when the mother leaves the room, but the child is easily consoled by her when she returns, when she leaves again the child is less upset than before and then responds appropriately when the mother returns.

### [Experiences Build Brain Architecture](#)

This 2-minute video explains how the basic architecture of the brain is constructed through a process that begins early in life and continues into adulthood. (From the Harvard University Center on the Developing Child)

### [Serve & Return Interaction Shapes Brain Circuitry](#)

This 2-minute video explains why “serve and return” interaction between children and significant adults in their lives is one of the most essential experiences in shaping the architecture of the developing brain. (From the Harvard University Center on the Developing Child)

### [5 Steps for Brain-Building Serve and Return](#)

Serve and return interactions make everyday moments fun and become second nature with practice. By taking small moments during the day to do serve and return, you build up the foundation for children’s lifelong learning, behavior, and health—and their skills for facing life’s challenges. (From the Harvard University Center on the Developing Child)

### [Building Babies’ Brains Through Play:](#)

Mini Parenting Master Class In this Mini Parenting Master Class from UNICEF, Center on the Developing Child Director Jack P. Shonkoff, M.D., explains the importance of serve and return interactions like play—and how easy they are to do, especially through practice! This site provides both videos and PDF files and covers the age span from Infants to Toddlers.

### [Executive Function: Skills for Life and Learning](#)

This five-minute video explains how executive function skills develop, what can disrupt their development, and how supporting them pays off in school and life.

### [The Adolescent Brain](#)

By Daniel Seigel, MD. This four-minute video explains the process of brain development during adolescence and provides tips for parents on how to provide support to encourage healthy development.



# SUPPLEMENTAL MATERIALS

## Books

[The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired](#)

One of the very best scientific predictors for how any child turns out—in terms of happiness, academic success, leadership skills, and meaningful relationships—is whether at least one adult in their life has consistently shown up for them. In an age of scheduling demands and digital distractions, showing up for your child might sound like a tall order. But as bestselling authors Daniel Siegel and Tina Payne Bryson reassuringly explain, it doesn't take a lot of time, energy, or money. Instead, showing up means offering a quality of presence. And it's simple to provide once you understand the four building blocks of a child's healthy development. Every child needs to feel what Siegel and Bryson call the Four S's:

[You Are Your Child's First Teacher, Third Edition:](#)

[Encouraging Your Child's Natural Development from Birth to Age Six](#)

Some of the most important learning years happen before your child reaches school. In *You Are Your Child's First Teacher*, respected Waldorf educator Rahima Baldwin Dancy explains the different stages of learning that children go through from birth to age six, giving you the wisdom and understanding to enrich your child's natural development in the right way at the right time.

[Your Child's Growing Mind: Brain Development and Learning From Birth to Adolescence](#)

Hailed by parents and educators, *Your Child's Growing Mind* is a window into the fascinating process of brain development and learning. It looks at the roots of emotion, intelligence, and creativity, translating the most current scientific research into practical suggestions for parents and teachers.

[70 Play Activities for Better Thinking, Self-Regulation, Learning & Behavior](#)

Packed with worksheets, handouts, and guided scripts with step-by-step directions, this definitive resource will put you to the top of your play game. With over 70 activities designed to improve thinking, self-regulation, learning and behavior, your tool kit will be full, and your creative brain will be inspired to craft your own meaningful exercises. Play now, Play later...with 70 Play Activities for better brain functioning and learning.

