

## Helpful Resources

**San Diego Continuing Education**  
(parenting classes)  
SDCE Headquarters  
4343 Ocean View Blvd.  
San Diego, CA 92113-1915  
619-388-1234

**SanDiegoParent.com**  
Questions: (858) 626-6944  
or info@SanDiegoParent.com

**Sharp Mary Birch Hospital**  
(parenting classes and support groups)  
1-800-82-SHARP (1-800-827-4277),  
Monday through Friday, 8 am to 6 pm

**Promises2Kids**  
9440 Ruffin Court, Suite 2  
San Diego, CA 92123  
858-278-4400  
www.promises2kids.org

**San Diego Community College**  
4343 Ocean View Blvd.  
San Diego, CA 92113-1915  
619-388-1234

**Armed Services YMCA**  
3293 Santo Road  
San Diego, CA 92124-3340  
(858) 751-5755



**Promises2Kids**  
9440 Ruffin Court, Suite 2  
San Diego, CA 92123  
858-278-4400  
www.promises2kids.org

## Help Your Child Soar!

### Helpful Tips for Parents



## The Informed Parent

Being a parent is one of the hardest, yet most rewarding, jobs that you will ever undertake.

Being a good parent means staying informed and recognizing when you need help. Remember to provide love, attention, praise, encouragement and common sense for your child and for yourself.

### 12 Time-Tested Parenting Tips

Words can hurt just as much as the hand — choose them carefully.	Pretending to listen is easy. Really listen to your child and give him or her quality time. Children know the difference!
Never strike a child in anger — hitting does more damage than good. It also teaches an unhealthy way to resolve conflict.	Establish a network of supportive friends who you trust and can talk to in times of stress. And be sure to talk to your child's pediatrician.
Be a positive role model. Children learn values from you!	Create a family calendar together. It's a fun activity and helps everyone stay connected.
Praise your child! It builds self-esteem. Consider writing your child a thank you note!	Always encourage your child to tell you if someone tried to touch them in a way that made them feel uncomfortable.
Be supportive even when mistakes are made. That is how we all learn.	Be aware of technology activities — the Internet, cell phones, text messages, and video games.
Show you care by being there. Get involved at your child's school, show up to your child's sports events, concerts, etc.	Be clear about rules and expectations. And remember, no means no. Despite their disagreement, children feel safe with rules and it shows you care.

## Being a Parent Isn't Easy...

Give yourself a time out. When you feel overwhelmed and out of control take a time out instead of taking it out on your kid.

- Talk to a trusted friend or family member.
- Join a parent support group in your community.
- Meditate, pray and find solace in whatever spiritual belief that you find comfort in.



## ...but neither is being a kid.

Being a kid may seem like a carefree time in life; however, just like adults, kids feel stress, and, as

kids don't have the coping skills developed through life experience, their stress can often feel overwhelming. Kids' stress may intensify if they hear you talking about troubles at work, worrying about health issues, or fighting with your spouse about financial matters.

Illness, death, divorce can also be significant sources of stress for kids. Talk to your children and, if necessary, get the age-appropriate counseling that they need.

In a KidsHealth poll, children were asked to tell what things cause them the most stress. Kids said that they were stressed out the most by: grades, school, and homework (36%); family (32%); and friends, peers, gossip, and teasing (21%).

## Is it normal for this age?



### NEWBORNS Ages 0 -1: First Year

Consider recruiting help from friends and family to get through this time, which can be very hectic and overwhelming. While in the hospital, use the expertise around you. Nurses are a great resource. And remember, babies cry to communicate. A nap, snack or diaper change may be in order.



### TODDLERS Ages 2 - 3:

#### Teaching Through Tantrums

Toddler temper tantrums are common. During these exploration years, toddlers are learning about the world around them while also learning to communicate with words. This process can be frustrating for them and for you. Take time outs when you need them!

### PRESCHOOLERS Ages 4 to 5

They are more independent than toddlers. They can express their needs since they have greater command of language. They need learning activities, encouragement and clear rules. Expect the preschool child to test you over and over again.

### YOUNG SCHOOL Ages 6 to 8

With school-age children, it is important to set limits and let children know what is expected of them. Do this with a soft voice. Be patient and kind.



### TWEENS Ages 9-12

Tweens want to assume a larger responsibility than their younger peers and feel they should be given more independence. Your tween may start to talk about crushes and 'hanging out'. Immerse yourself in their lives to understand them better.

### TEENAGERS Ages 13 - 17

The teenage years can be the most challenging for a parent. Your teenager may be distant, difficult to communicate with or understand. Respect them, listen, let them know you are there and that you care. Encourage them to talk to you about problems and challenges.

