



Dear Parents,

Your child's ABC classroom is partnering with UAMS to bring you *TIPS for Great Kids!*

Kids don't come with instructions. Fortunately, your child's teacher has information on many parenting topics.

Please review this index and let the teachers know what parenting tips you would like. Young children thrive when teachers and parents work together.

Best wishes for a successful school year to you and your child.

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Health & Growth

Health Care

- Cold Weather Play
- Colds & Flu
- Toothbrushing
- Ringworm
- Eye Health
 - Check-ups
 - Warning Signs
 - Wearing Glasses
 - Preventing Injury
- Oral Health
 - Bottles & Tooth Decay
 - Baby Teeth Important
 - Dental Home
 - Fluoride
 - Getting Ready for Healthy Teeth
 - Healthy Teeth
 - Lift the Lip
 - Pregnancy
 - Snacks
 - Spreading Tooth Decay
- Allergies or Infection?
- SIDS (Sudden Infant Death Syndrome)
 - Risk Factors
 - Sleeping Alone
 - Tobacco and Nicotine
 - "Back to Sleep"
 - Safe Sleeping
 - Tummy Time

Preventative Health Care

- Immunizations
 - Schedule
 - Side Effects
 - Fact or Fiction?
 - Medical Home
 - Records at Home
 - Choosing a Doctor
 - Parents & doctors as Partners

Nutrition

- Cup drinking
- Healthy Eating Habits
 - Parent & Child Jobs
 - Picky Eaters
 - Food Pyramid

Nutrition (continued)

- Healthy Eating Habits (continued)
 - Fun Healthy Meals
 - Strategies That Backfire
 - Choking Hazards
 - Books on Food
- Fast Food
 - Less is Better
 - Advertising
 - Eating Healthy When Eating Out

Behavioral Health

- Masturbation
- Bullying
 - Being the Bully
 - Being the Victim
 - Books: Tease/Bully
- Biting
 - If Your Child Bites
 - If Your Child is Bitten
 - After 3 Years Old

Chronic Health Conditions

- Sickle Cell Disease
 - When to Call Doctor
 - Care/Emergency Plan
 - Basic Guidelines
 - Special Education Services
 - Child Express Needs
 - Support for Yourself
- Asthma
 - Asthma Care Plan
 - Secondhand Smoke

School Readiness

Importance of Play

- Play
 - What is Play?
 - Play & Learning
 - Time, Space, Materials
 - 10 Minutes to Good Behavior
 - Books: Family Play Time
 - Role of Fathers
 - Differences Boy/Girl Play
 - Boys & Pretend Play
 - Helps Social Skills Grow
 - Solitary Play Infant/Toddler
 - Parallel Play Toddler
 - Associative Play

Importance of Play (continued)

- Play (continued)
 - Cooperative Play
 - Helps Thinking Skills Grow
 - Exploratory Play
 - Functional Play
 - Constructive Play
 - Symbolic Play
 - Rough & Tumble Play
 - Games with Rules
 - Infant and Toddlers
 - Preschoolers
 - Play & Imitation
 - Builds Mastery Motivation
 - Play & Scaffolding
 - Play & Adult Support
 - Play & Quality Child Care
 - Rough & Tumble Play

Child Development

- Bed Wetting
- Toileting Accidents
- Nightmares
- Night Terrors
- Ready for Preschool
- Toilet Training
 - Readiness Skills
 - Method
 - Problems
 - Teach all the Steps
 - Prepare Your Toddler
- Giving Up the Pacifier
- Thumbsucking

Social-Emotional Learning

- Social-Emotional Health
 - Feeling Words
 - Emotional Thinking
 - Calming Down
 - Asking for Help
 - Making Choices
 - Think, Then Act
 - Tantrums
 - Coping With Emotions
 - Following Rules
 - Socially Healthy
 - Emotionally Healthy
 - Problem Solving
 - Caring About Others

Social-Emotional Learning

(continued)

Social-Emotional Health (continued)

- Making Friends
- Words Can Hurt
- Setting Limits
- Books: Friendship
- Books: Sharing
- Books: Feelings / Emotions
- Books: Anger / Calm

Language and Literacy

Bedtime Story

Reading

- Parents/Foundation
- Pre-reading Skills
- Literacy in the Home
- Shared Book-Early
- Shared Book-Preschool
- Smarter than TV!
- Environmental Print
- Go to the Library
- Check out Books
- Family's Language
- Choosing Children's Books
 - Newborn to 6 months
 - 7 to 9 months
 - 9 to 18 months
 - 19 to 30 months
- Especially for Your Child
- Storybooks
- Traditional Stories
- Wordless Picture Books
- Informational Books
- Concept Books
- Predictable Books
- Poems, Songs, Rhymes
- Quality Preschool Books
- Dads and Reading
 - Reading Aloud
 - Talking Together

Guidance & Discipline

Parent Responsiveness

Positive = Confident Kids

Crying

- How to Soothe Your Baby
- Spoiling or Comforting?

Parent Responsiveness

(continued)

Crying (continued)

- Colic
- Stranger Fear
- Separation Anxiety
- Shaken Baby Syndrome
- Self-Esteem

Discipline Practices

Effective Discipline

- Family Routines
- Planning Ahead
- Praise Good Behavior
- Supportive Play
- Talking Together
- Distract
- Redirection
- Role Modeling
- Attention/Ignoring
- Teach All the Steps
- Consequence / Good
- Consequence / Bad
- Giving a Reprimand
- Time Out
- Voluntary Time Out
- Absolute Rules
- Spanking

Home Environment

Family Routines

- Bedtime Routine
- Morning Routine
- Selecting TV
- Co-Parenting
 - Consistency
 - Security

Supervision

Safety

- Car Seat Safety
- Babies
- Toddlers
- Preschoolers
- Elementary Age
- Car Safety Rules
- Change Safety Seats
- Prevent Car Injuries

Safety (continued)

Car Seat Safety (continued)

- It's the Law!
- Teaching Preschoolers
- Bath Time
- Infant Safety
- Infants
- Toddler-Preschooler Safety
- Toddlers- Preschoolers

Parent Support

Economic Support

Child Support

- Child Needs Both Parents
- Court Ordered Support
- How Moms can Help Dads

Family Relationships

Fatherhood

- Importance of Fathers
- Day-to-Day Care
- Father's Love
- In School and in Life
- Books: Father Focus

Protection from Drug & Alcohol Abuse

Parent Substance Abuse/Use

- Alcohol and Drugs
 - Getting Help
 - Protecting Children
- Prenatal Exposure
 - Effects on Baby
 - Mom, Avoid Alcohol
 - Dad, Encourage Mom
 - Seek Help for Child
 - Services for Children

Mental Health

Parent Mental Health

Parental Depression

Child Mental Health

Grief and Loss

- Deployment
- Divorce
- Funerals
- Talking about Death
- Trauma