

Positive Parenting

Starts at Birth

Parents' love and support provided during the most critical years of life, from birth to age 5, help shape their children's physical, social and emotional development.

Parenthood is an ongoing learning process that continues to change as children grow. First 5 San Diego recognizes the important role that parents play in the lives of young children ages 0 through 5, and offers resources to help parents learn the best ways to support their child's healthy development.

Our parent resources include educational classes and workshops that offer support, advice and materials for families. With support and information, parents can develop effective parenting skills to raise happy and healthy children.

**A parent
is a child's
first and
best
teacher**



Tips for Positive Parenting

- **SPEND QUALITY TIME WITH YOUR CHILD**

Share special time bonding with your child by talking, playing and reading with him or her every day. Children learn about language when their parents talk to them and they learn social skills through play. Reading aloud develops a young child's vocabulary and ability to learn to read.

- **SHOW AFFECTION**

Physical and verbal signs of affection are important for a child's development. A hug from a parent shows a child that they are cared for and safe. Parents' use of positive words offers their child support and helps motivate them to want to learn. A child's social emotional development depends on love and encouragement.

- **FOLLOW A ROUTINE**

Daily routines at home can help children predict and anticipate what to expect. Setting consistent daily routines in the morning, at meal times and at bedtime provides children with a sense of stability and helps them to develop self-regulation skills.

- **SET LIMITS**

Parents are encouraged to set limits on their children's behavior and be realistic with their expectations. Limits help children to understand boundaries and what is appropriate behavior.

- **TAKE CARE OF YOURSELF**

Being a parent is not easy. Make sure to take time and care for yourself. Your emotional state and level of stress can have a negative impact on your child. Stay healthy to be the best parent you can be and don't forget to ask for help from family and friends.

- **BE A GOOD ROLE MODEL**

Young children learn by watching others around them and they copy the behaviors that they see. Be mindful of your actions and words to set a good example of age-appropriate behavior for your child.

Head, Hand, Heart

CALL FIRST 5 SAN DIEGO FOR A GOOD START

First 5 San Diego is the region's primary organization for promoting the health and well-being of children during the most critical years of development - the first five years of life. Our vision is that all children ages 0 through 5 are healthy, are loved and nurtured, and enter school as active learners.



1-888-5FIRST5 | 1-888-534-7785

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