

# LEARNING CENTER

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## POSITIVE PARENTING





# WHAT IS POSITIVE PARENTING?



## 4 KEY POINTS TO POSITIVE PARENTING SUCCESS



### EFFECTIVE PARENTING

Your words and actions influence the way you want your child to act or be.



### CONSISTENT PARENTING

You follow similar principles or practices in your words and actions.



### ACTIVE PARENTING

You actively participate and are involved in your child's life.



### ATTENTIVE PARENTING

You monitor and pay attention to what goes on in your child's life.



## WHAT IS POSITIVE PARENTING?

Parenting is a full-time job, full of joys, trials, challenges, and triumphs. There is no doubt that parenting can be rewarding and exhausting all at the same time. No parent is perfect.

Parent-child relationships have a powerful effect on a child's emotional well-being, basic coping and problem-solving abilities, and future capacity for relationships.

Through sensitive, responsive, and predictable care, young children develop the skills they need to succeed in life.

Good parents take their parenting roles seriously, and are empowered to learn and develop their positive parenting skills. They accept responsibility for the total healthy development of their child and act as a positive role model. They mentor and guide their child through childhood to a successful adulthood.

# 3 MAJOR GOALS OF PARENTING



**ENSURING CHILDREN'S  
HEALTH AND SAFETY.**



**PREPARING CHILDREN  
FOR PRODUCTIVE  
ADULT LIVES.**



**PROPER TRANSMITTING  
OF CULTURAL VALUES.**

## A HIGH-QUALITY PARENT-CHILD RELATIONSHIP IS CRITICAL FOR HEALTHY DEVELOPMENT

Parents and caretakers make sure children are healthy and safe, equip them with the skills and resources to succeed as adults, and transmit basic cultural values to them.

Parents and caretakers offer their children love, acceptance, appreciation, encouragement, and guidance.

Parents and caretakers provide the most intimate context for the nurturing and protection of children as they develop their personalities and identities and also as they mature physically, cognitively, emotionally, and socially.



**1.**  
**RESPONDING TO YOUR  
CHILD IN AN APPROPRIATE  
MANNER**



**2.**  
**PREVENTING RISKY  
BEHAVIOR OR PROBLEMS  
BEFORE THEY ARISE.**



**3.**  
**MONITORING YOUR CHILD'S  
CONTACT WITH HIS OR HER  
SURROUNDING WORLD.**



**4.**  
**MENTORING YOUR CHILD  
TO SUPPORT AND  
ENCOURAGE DESIRED  
BEHAVIORS**



**5.**  
**MODELING YOUR OWN  
BEHAVIOR TO PROVIDE A  
CONSISTENT, POSITIVE  
EXAMPLE FOR YOUR CHILD.**

# AGES & STAGES

## INFANTS (0-12 MONTHS)



### INFANTS (0-12 MONTHS) DEVELOPMENTAL MILESTONES

Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

What happens to kids in childhood shapes who they become as adults. Children who are nurtured and supported throughout childhood are more likely to thrive and develop into happy, healthy and productive adults.



### BABY'S FIRST YEAR MILESTONES

Skills such as taking a first step, smiling for the first time, and waving “bye-bye” are called developmental milestones.

In the first year, babies learn to focus their vision, reach out, explore, and learn about the things that are around them. Cognitive development means the learning process of memory, language, thinking, and reasoning. Learning language is more than making sounds (“babble”), or saying “ma-ma” and “da-da”. Listening, understanding, and knowing the names of people and things are all a part of language development.

During this stage, babies also are developing bonds of love and trust with their parents and others as part of social and emotional development. The way parents cuddle, hold, and play with their baby will serve as the foundation for how the children will interact with others.



# POSITIVE PARENTING TIPS FOR INFANTS

- Talk to your baby. He/she will find your voice calming.
- Answer when your baby makes sounds by repeating the sounds and adding words. This will help him learn to use language.
- Read to your baby. This will help her develop and understand language and sounds.
- Sing to your baby and play music. This will help your baby develop a love for music and will help his brain development.
- Praise your baby and give her lots of loving attention.
- Spend time cuddling and holding your baby. This will help him feel cared for and secure.
- Play with your baby when she's alert and relaxed. Watch your baby closely for signs of being tired or fussy so that she can take a break from playing.
- Distract your baby with toys and move him to safe areas when he starts moving and touching things that he shouldn't touch.
- Take care of yourself physically, mentally, and emotionally. Parenting can be hard work! It is easier to enjoy your new baby and be a positive, loving parent when you are feeling good yourself

## CHILD SAFETY FOR INFANTS

- Do not shake your baby—ever! Babies have very weak neck muscles that are not yet able to support their heads. If you shake your baby, you can damage his brain or even cause his death.
- Make sure you always put your baby to sleep on her back to prevent sudden infant death syndrome (commonly known as SIDS).
- Protect your baby and family from secondhand smoke. Do not allow anyone to smoke in your home.
- Place your baby in a rear-facing car seat in the back seat while he is riding in a car.
- Prevent your baby from choking by cutting her food into small bites. Also, don't let her play with small toys and other things that might be easy for her to swallow.
- Don't allow your baby to play with anything that might cover her face.
- Never carry hot liquids or foods near your baby or while holding him.
- Vaccines (shots) are important to protect your child's health and safety. Because children can contract serious diseases, it is important that children receive the right shots at the right time. Talk with your pediatrician to make sure that your child is up-to-date on vaccinations.

## HEALTHY BODIES FOR INFANTS

Do not shake your baby—ever! Babies have very weak neck muscles that are not yet able to support their heads. If you shake your baby, you can damage his brain or even cause his death.

- Keep your baby active. She might not be able to run and play like the "big kids" just yet, but there's lots she can do to keep her little arms and legs moving throughout the day. Getting down on the floor to move helps your baby become strong, learn, and explore.
- Try not to keep your baby in swings, strollers, bouncer seats, and exercise saucers for too long.
- Limit screen time to a minimum. For children younger than 2 years of age, the American Academy of Pediatrics (AAP) recommends that it's best if babies do not watch any screen media.

# AGES & STAGES

## TODDLERS (1-3 YEARS)



### TODDLERS (1-3 YRS) DEVELOPMENTAL MILESTONES

Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

What happens to kids in childhood shapes who they become as adults. Children who are nurtured and supported throughout childhood are more likely to thrive and develop into happy, healthy, and productive adults.



### TODDLERS (1-2 YEARS OF AGE)

During the second year, toddlers are moving around more, and are aware of themselves and their surroundings. They show an increasing desire to explore new objects and people.

During this stage, toddlers will show greater independence; begin to show defiant behavior; recognize themselves in pictures or a mirror; and imitate the behavior of others, especially adults and older children.

Toddlers also should be able to recognize the names of familiar people and objects, form simple phrases and sentences, and follow simple instructions and directions.

### TODDLERS (2-3 YEARS OF AGE)

Skills such as taking turns, playing make believe, and kicking a ball, are called developmental milestones.

Because of children's growing desire to be independent, this stage is often called the "terrible twos." However, this can be an exciting time for parents and toddlers.

Toddlers will experience significant thinking, learning, social, and emotional changes that will help them explore and make sense of their world.

During this stage, toddlers should be able to follow two- or three-step directions, sort objects by shape and color, imitate the actions of adults and playmates, and express a wide range of emotions.



# POSITIVE PARENTING TIPS FOR TODDLERS

- Set up a special time to read books with your toddler.
- Encourage your child to take part in pretend play.
- Play parade or follow the leader with your toddler.
- Help your child to explore things around them by taking a walk or wagon ride.
- Encourage your child to tell you his/her name and age.
- Teach your child simple songs like Itsy Bitsy Spider, or other children's songs.
- Give your child attention and praise when she follows instructions and shows positive behavior, and limit attention for defiant behavior like tantrums. Teach your child acceptable ways to show feelings of upset.

## CHILD SAFETY FOR TODDLERS

- Do NOT leave your toddler near or around water (for example, bathtubs, pools, ponds, lakes, whirlpools, or the ocean) without adult supervision. Fence off backyard pools. Drowning is the leading cause of injury and death among this age group.
- Encourage your toddler to sit when eating and to chew food thoroughly to prevent choking.
- Check toys often for loose or broken parts.
- Encourage your toddler not to put pencils or crayons in their mouth when coloring or drawing.
- Do NOT hold hot drinks while your child is sitting on your lap. Sudden movements can cause a spill and might result in your child being burned.
- Make sure that your child sits in the back seat and is buckled up properly in a safety approved car seat with a harness.



## HEALTHY BODIES FOR TODDLERS

- Talk with staff at your child care provider to find out if they serve healthy food and drinks and limit television and other screen time.
- Your toddler's food preferences might change from day to day. It's normal behavior, and it's best not to make an issue of it. Encourage them to try new foods by offering small bites to taste.
- Keep television sets out of your child's bedroom. Limit screen time, including video and electronic games, to no more than 1 to 2 hours per day.
- Encourage free play as much as possible. It helps your toddler develop strength and motor skills.

# AGES & STAGES

## PRESCHOOLERS (3-5 YEARS)



### PRESCHOOLERS (3-5 YRS) DEVELOPMENTAL MILESTONES

Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

What happens to kids in childhood shapes who they become as adults. Children who are nurtured and supported throughout childhood are more likely to thrive and develop into happy, healthy, and productive adults.



### PRESCHOOLERS (3-5 YEARS OF AGE)

Skills such as naming colors, showing affection, and hopping on one foot are called developmental milestones.

As children grow into early childhood, their world will begin to open up. They will become more independent and begin to focus more on adults and children outside of the family.

They will want to explore and ask questions about the environment around them. Their interactions with family and caretakers will help shape their personality and world views.

During this stage, children should be able to ride a tricycle, use safety scissors, notice a difference between girls and boys, help to dress and undress themselves, play with other children, recall part of a story, and sing a song.





# POSITIVE PARENTING TIPS FOR PRESCHOOLERS

- Continue to read to your child. Nurture his/her love for books by taking them to the library or bookstore.
- Let your child help with simple chores.
- Encourage your child to play with other children. This helps them learn the value of sharing and friendship.
- Be clear and consistent when disciplining your child. Explain and show the behavior that you expect. Whenever you tell your child no, follow up with what they should be doing instead.
- Help your child develop good language skills by speaking to them in complete sentences and using “grown up” words. Help them use the correct words and phrases.
- Help your child through problem-solving steps when they are upset.
- Give your child a limited number of simple choices (for example, deciding what to wear, when to play, and what to eat for snack).

## CHILD SAFETY FOR PRESCHOOLERS

- Tell your child why it is important to stay out of traffic. Tell them not to play in the street or run after stray balls.
- Be cautious when letting your child ride a tricycle. Keep them on the sidewalk and away from the street and always ensure your child wears a helmet.
- Check outdoor playground equipment. Make sure there are no loose parts or sharp edges.
- Watch or supervise your child at all times, especially when they are playing outside.
- Be safe in the water. Even if you teach your child to swim, you should still actively supervise them at all times when in or around any body of water (this includes kiddie pools).
- Teach your child how to be safe around strangers.
- Keep your child in a forward-facing car seat with a harness until he/she reaches the top height or weight limit allowed by the car seat’s manufacturer. Once your child outgrows the forward-facing car seat with a harness, it will be time for them to travel in a booster seat, but still in the back seat of the vehicle. The NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION has information on how to keep your child safe while riding in a vehicle.

## HEALTHY BODIES FOR PRESCHOOLERS

- Eat meals with your child whenever possible. Let your child see you enjoying fruits, vegetables, and whole grains at meals and snacks. Your child should eat and drink only a limited amount of food and beverages that contain added sugars, solid fats, or salt.
- Limit screen time for your child to no more than 1 to 2 hours per day of quality programming, at home, school, or child care.
- Provide your child with age-appropriate play equipment, like balls and plastic bats, but let your preschooler choose what to play. This makes moving and being active fun for your preschooler.



# AGES & STAGES

## CHILDREN (6-8 YEARS)



### CHILDREN (6-8 YRS) DEVELOPMENTAL MILESTONES

Middle childhood brings many changes in a child's life. By this time, children can dress themselves, catch a ball, and tie their shoes.

Developing independence from family becomes more important now. Events such as starting school bring children this age into regular contact with the larger world. Friendships become more and more important.



### EMOTIONAL/SOCIAL CHANGES (6-8 YEARS)

- Show more independence from parents and family.
- Start to think about the future.
- Understand more about his or her place in the world.
- Pay more attention to friendships and teamwork.
- Want to be liked and accepted by friends.



## POSITIVE PARENTING TIPS (6-8 YEARS)

- Show affection for your child. Recognize his/her accomplishments.
- Help your child develop a sense of responsibility—ask him to help with household tasks, such as setting the table.
- Talk with your child about school, friends, and things he/she looks forward to in the future.
- Talk with your child about respecting others. Encourage him to help people in need.
- Help your child set achievable goals and learn to take pride in himself/herself and rely less on approval or reward from others.
- Help your child learn patience by letting others go first or by finishing a task before going out to play. Encourage him to think about possible consequences before acting.
- Make clear rules and stick to them, such as how long your child can watch TV or when he/she has to go to bed. Be clear about what behavior is okay and what is not okay.
- Do fun things together as a family, such as playing games, reading, and going to events in your community.
- Get involved with your child's school. Meet the teachers and staff and develop an understanding of their learning goals and how you and the school can work together to help your child do well.
- Continue reading to your child. As your child learns to read, take turns reading to each other.
- Use discipline to guide and protect your child, rather than punishment to make him feel bad about himself/herself. Follow up any discussion about what not to do with a discussion of what to do instead.

## CHILD SAFETY (6-8 YEARS)

- Parents can help make schools healthier. Work with your child's school to limit access to foods and drinks with added sugar, solid fat, and salt that can be purchased outside the school lunch program.
- Make sure your child has 1 hour or more of physical activity each day.
- Limit screen time for your child to no more than 1 to 2 hours per day of quality programming, at home, school, or afterschool care.
- Practice healthy eating habits and physical activity early. Encourage active play, and be a role model by eating healthy at family mealtimes and having an active lifestyle

## THINKING & LEARNING

- Show rapid development of mental skills.
- Learn better ways to describe experiences and talk about thoughts and feelings.
- Have less focus on self and more concern for others.



# AGES & STAGES

## CHILDREN (9-11 YEARS)



### CHILDREN (9-11 YRS) DEVELOPMENTAL MILESTONES

Your child's growing independence from the family and interest in friends might be obvious by now.

Healthy friendships are very important to your child's development, but peer pressure can become strong during this time. Children who feel good about themselves are more able to resist negative peer pressure and make better choices for themselves.

This is an important time for children to gain a sense of responsibility along with their growing independence.

Also, physical changes of puberty might be showing by now, especially for girls. Another big change children need to prepare for during this time is starting middle or junior high school.



### EMOTIONAL/SOCIAL CHANGES (9-11 YEARS)

- Start to form stronger, more complex friendships and peer relationships. It becomes more emotionally important to have friends, especially of the same sex.
- Experience more peer pressure.
- Become more aware of his or her body as puberty approaches. Body image and eating problems sometimes start around this age.





## POSITIVE PARENTING TIPS (9-11 YEARS)

- Spend time with your child. Talk with her about him/her friends, her accomplishments, and what challenges she will face.
- Be involved with your child's school. Go to school events; meet your child's teachers.
- Encourage your child to join school and community groups, such as a sports team, or to be a volunteer for a charity.
- Help your child develop his own sense of right and wrong. Talk with him/her about risky things friends might pressure him to do, like smoking or dangerous physical dares.
- Help your child develop a sense of responsibility—involve your child in household tasks like cleaning and cooking. Talk with your child about saving and spending money wisely.
- Meet the families of your child's friends.
- Talk with your child about respecting others. Encourage him/her to help people in need. Talk with him/her about what to do when others are not kind or are disrespectful.
- Help your child set his own goals. Encourage him/her to think about skills and abilities he would like to have and about how to develop them.
- Make clear rules and stick to them. Talk with your child about what you expect from him/her (behavior) when no adults are present. If you provide reasons for rules, it will help him/her to know what to do in most situations.
- Use discipline to guide and protect your child, instead of punishment to make him/her feel badly about himself.
- When using praise, help your child think about his/her own accomplishments. Saying "you must be proud of yourself" rather than simply "I'm proud of you" can encourage your child to make good choices when nobody is around to praise him/her.
- Talk with your child about the normal physical and emotional changes of puberty.
- Encourage your child to read every day. Talk with him/her about their homework.
- Be affectionate and honest with your child, and do things together as a family

## CHILD SAFETY (9-11 YEARS)

- Provide plenty of fruits and vegetables; limit foods high in solid fats, added sugars, or salt, and prepare healthier foods for family meals.
- Keep television sets out of your child's bedroom. Limit screen time, including computers and video games, to no more than 1 to 2 hours.
- Encourage your child to participate in an hour a day of physical activities that are age appropriate and enjoyable and that offer variety! Just make sure your child is doing three types of activity: aerobic activity like running, muscle strengthening like climbing, and bone strengthening – like jumping rope – at least three days per week.

## THINKING & LEARNING

- Face more academic challenges at school.
- Become more independent from the family.
- Begin to see the point of view of others more clearly.
- Have an increased attention span.

# AGES & STAGES

## TEENAGERS (12-14 YEARS)



### TEENAGERS (12-14 YEARS) DEVELOPMENTAL MILESTONES

This is a time of many physical, mental, emotional, and social changes.

Hormones change as puberty begins. Most boys grow facial and pubic hair and their voices deepen. Most girls develop pubic hair and breasts and start their period. They might be worried about these changes and how they are looked at by others.

This also will be a time when your teen might face peer pressure to try alcohol, tobacco products, and drugs, or engage in sexual activity.

Other challenges can include eating disorders, depression, and family problems. At this age, teens make more of their own choices about friends, sports, studying, and school. They become more independent, with their own personality and interests, but it's important to remember that they still need their parents as much as ever before.

### EMOTIONAL/SOCIAL CHANGES (12-14 YEAR-OLDS)

- Show more concern about body image, looks, and clothes.
- Focus on themselves; going back and forth between high expectations and lack of confidence.
- Experience more moodiness.
- Show more interest in and influence by peer group.
- Express less affection toward parents; sometimes might seem rude or short-tempered.
- Feel stress from more challenging school work.
- Develop eating problems.
- Feel a lot of sadness or depression, which can lead to poor grades at school, alcohol or drug use, unsafe sex, and other problems

### HEALTHY BODIES (12-14 YEARS)

- Encourage your teen to be physically active. He/she might join a team sport or take up an individual sport. Helping with household tasks such as mowing the lawn, walking the dog, or washing the car will also keep your teen active.
- Meal time is very important for families. Eating together helps teens make better choices about the foods they eat, promotes healthy weight, and gives your family members time to talk with each other.
- Limit screen time for your child to no more than 1 to 2 hours per day of quality programming, at home, school, or after-school care.

### THINKING & LEARNING

- Have more ability for complex thought.
- Be better able to express feelings through talking.
- Develop a stronger sense of right and wrong.



## POSITIVE PARENTING TIPS (12-14 YEARS)

- Be honest and direct with your teen when talking about sensitive subjects such as drugs, drinking, smoking, and sex.
- Meet and get to know your teen's friends.
- Show an interest in your teen's school life.
- Help your teen make healthy choices while encouraging him to make his own decisions.
- Respect your teen's opinions and take into account her thoughts and feelings. It is important that she knows you are listening to her.
- When there is a conflict, be clear about goals and expectations (like getting good grades, keeping things clean, and showing respect), but allow your teen input on how to reach those goals (like when and how to study or clean)
- Praise your child for good behavior. It's best to focus praise more on what your child does ("you worked hard to figure this out") than on traits she can't change ("you are smart").
- Support your child in taking on new challenges. Encourage her to solve problems, such as a disagreement with another child, on his/her own.

## TEENS & TECHNOLOGY (12-14 YEARS)

According to Pew Research Center in 2013, smartphone adoption among American teens has increased substantially and mobile access to the internet is pervasive. One in four teens are "cell-mostly" internet users, who say they mostly go online using their phone and not using some other device such as a desktop or laptop computer. These are among the new findings from a nationally representative survey of 802 teens ages 12-17 and their parents which shows that:

- 78% of teens now have a cell phone, and almost half (47%) of those own smartphones. That translates into 37% of all teens who have smartphones, up from just 23% in 2011.
- One in four teens (23%) have a tablet computer, a level comparable to the general adult population.
- Nine in ten (93%) teens have a computer or have access to one at home. Seven in ten (71%) teens with home computer access say the laptop or desktop they use most often is one they share with other family members.

## TEENS & SAFETY (12-14 YEARS)

- Make sure your teen knows about the importance of wearing seat belts. Motor vehicle crashes are the leading cause of death among 12- to 14-year-olds.
- Encourage your teen to wear a helmet when riding a bike or a skateboard or using inline skates; riding on a motorcycle, snowmobile, or all-terrain vehicle; or playing contact sports. Injuries from sports and other activities are common.
- Talk with your teen about the dangers of drugs, drinking, smoking, and risky sexual activity. Ask him what he/she knows and thinks about these issues, and share your thoughts and feelings with them. Listen to what they say and answer questions honestly and directly.
- Talk with your teen about the importance of having friends who are interested in positive activities. Encourage your teen to avoid peers who pressure him/her to make unhealthy choices.
- Know where your teen is and whether an adult is present. Make plans with him/her to call you to check in and know where you can find them/what time you expect them home.
- Set clear rules for your teen for when they are home alone. Talk about such issues as having friends at the house, how to handle situations that can be dangerous (emergencies, fire, drugs, sex, etc.), and completing homework or household tasks.

# AGES & STAGES

## TEENAGERS (15-17 YEARS)



### TEENAGERS (15-17 YEARS) DEVELOPMENTAL MILESTONES

This is a time of both physical and socio-emotional change for teenagers.

Most girls will be physically mature by now, and most will have completed puberty. Boys might still be maturing physically during this time.

Your teen might have concerns about her body size, shape, or weight. Eating disorders also can be common, especially among girls.

During this time, your teen is developing his unique personality and opinions. Relationships with friends are still important, yet your teen will have other interests as he develops a more clear sense of who he is.

This is also an important time to prepare for more independence and responsibility. For example, many teenagers start working, and many will be leaving home soon after high school.

### EMOTIONAL/SOCIAL CHANGES (15-17 YEAR-OLDS)

- Have more interest in romantic relationships and sexuality.
- Show more independence from parents.
- Have a deeper capacity for caring and sharing and for developing more intimate relationships.
- Spend less time with parents and more time with friends.
- Feel sadness or depression, which can lead to poor grades at school, alcohol or drug use, unsafe sex, and other problems.



### THINKING & LEARNING

- Learn more defined work habits.
- Show more concern about future school and work plans.
- Be better able to give reasons for their own choices, including about what is right or wrong.



## POSITIVE PARENTING TIPS (15-17 YEARS)

- Talk with your teen about her concerns and pay attention to any changes in her behavior. Ask her if she has had suicidal thoughts, particularly if she seems sad or depressed. Asking about suicidal thoughts will not cause her to have these thoughts, but it will let her know that you care about how she feels. Seek professional help if necessary. Visit our [TEEN SUICIDE AND DEPRESSION](#) resources for more information.
- Show interest in your teen's school and extracurricular interests and activities and encourage him to become involved in activities such as sports, music, theater, and art.
- Encourage your teen to volunteer and become involved in civic activities in her community.
- Compliment your teen and celebrate his efforts and accomplishments.
- Show affection for your teen. Spend time together doing things you enjoy.
- Respect your teen's opinion. Listen to her without playing down her concerns.
- Encourage your teen to develop solutions to problems or conflicts. Help your teenager learn to make good decisions.
- Create opportunities for him to use his own judgment, and be available for advice and support.
- If your teen engages in interactive internet media such as games, chat rooms, and instant messaging, encourage her to make good decisions about what she posts and the amount of time she spends on these activities.

## TEENS & SAFETY (15-17 YEARS)

- Talk with your teen about the dangers of driving and how to be safe on the road. You can steer your teen in the right direction. Motor vehicle crashes are the leading cause of death from unintentional injury among teens, yet few teens take measures to reduce their risk of injury.
- Remind your teen to wear a helmet when riding a bike, motorcycle, or all-terrain vehicle. Unintentional injuries resulting from participation in sports and other activities are common.
- Talk with your teen about suicide and pay attention to warning signs. Suicide is the third leading cause of death among youth 15 through 24 years of age.
- Talk with your teen about the dangers of drugs, drinking, smoking, and risky sexual activity. Ask him what he knows and thinks about these issues, and share your feelings with him. Listen to what he says and answer his questions honestly and directly.
- Discuss with your teen the importance of choosing friends who do not act in dangerous or unhealthy ways.
- Know where your teen is and whether a responsible adult is present. Make plans with her for when she will call you, where you can find her, and what time you expect her home.

## HEALTHY BODIES (15-17 YEARS)

- Encourage your teen to get enough sleep and physical activity, and eat healthy, balanced meals. Make sure your teen gets 1 hour or more of physical activity each day.
- Keep television sets out of your teen's bedroom.
- Encourage your teen to have meals with the family. Eating together will help your teen make better choices about the foods she eats, promote healthy weight, and give family members time to talk with each other. In addition, a teen who eats meals with the family is more likely to get better grades and less likely to smoke, drink, or use drugs, and also less likely to get into fights, think about suicide, or engage in sexual activity.

# PREGNANCY



## HAVING A BABY?

Whether you are pregnant or are planning to get pregnant, you will want to give your baby a healthy start. It's important to have regular visits with your healthcare provider. These prenatal care visits are very important for your baby and yourself.

Some things you might do when you are pregnant could hurt your baby, such as smoking or drinking.

Some medicines can also be a problem, even ones that a doctor prescribed.

You will need to drink plenty of fluids and eat a healthy diet. You may also be tired and need more rest.

Your body will change as your baby grows during the nine months of your pregnancy.

Don't hesitate to call your health care provider if you think you have a problem or something is bothering or worrying you.

## 1ST TRIMESTER(WEEK 1-WEEK 12)

During the first trimester your body undergoes many changes. Hormonal changes affect almost every organ system in your body. These changes can trigger symptoms even in the very first weeks of pregnancy. Your period stopping is a clear sign that you are pregnant.

**Other changes may include:**

- Extreme tiredness
- Tender, swollen breasts. Your nipples might also stick out.
- Upset stomach with or without throwing up (morning sickness)
- Cravings or distaste for certain foods
- Mood swings
- Constipation (trouble having bowel movements)
- Need to pass urine more often
- Headache
- Heartburn
- Weight gain or loss

As your body changes, you might need to make changes to your daily routine, such as going to bed earlier or eating frequent, small meals.

Fortunately, most of these discomforts will go away as your pregnancy progresses. Some women might not feel any discomfort at all! If you have been pregnant before, you might feel differently this time around. Just as each woman is different, so is each pregnancy.



## 2ND TRIMESTER (WEEK 13-WEEK 38)

Most women find the second trimester of pregnancy easier than the first. However, it is just as important to stay informed about your pregnancy during these months.

You might notice that symptoms like nausea and fatigue are going away. Other new, more noticeable changes to your body are now happening. Your abdomen will expand as the baby continues to grow. Before this trimester is over, you will feel your baby beginning to move!

**As your body changes to make room for your growing baby, you may have:**

- Body aches, such as back, abdomen, groin, or thigh pain
- Stretch marks on your abdomen, breasts, thighs, or buttocks
- Darkening of the skin around your nipples
- A line on the skin running from belly button to pubic hairline
- Patches of darker skin, usually over the cheeks, forehead, nose, or upper lip. Patches often match on both sides of the face. This is sometimes called the mask of pregnancy.
- Numb or tingling hands, called carpal tunnel syndrome
- Itching on the abdomen, palms, and soles of the feet. (Call your doctor if you have nausea, loss of appetite, vomiting, jaundice or fatigue combined with itching. These can be signs of a serious liver problem.)
- Swelling of the ankles, fingers, and face. (If you notice any sudden or extreme swelling or if you gain a lot of weight really quickly, call your doctor right away. This could be a sign of preeclampsia.)

## 3RD TRIMESTER(WEEK 29-WEEK 40)

You're in the home stretch! Some of the same discomforts you had in your second trimester will continue. Plus, many women find breathing difficult and notice they have to go to the bathroom even more often. This is because the baby is getting bigger and it is putting more pressure on your organs. Don't worry, your baby is fine and these problems will lessen once you give birth.

**Some new body changes you might notice in the third trimester include:**

- Shortness of breath
- Heartburn
- Swelling of the ankles, fingers, and face. (If you notice any sudden or extreme swelling or if you gain a lot of weight really quickly, call your doctor right away. This could be a sign of preeclampsia.)
- Hemorrhoids
- Tender breasts, which may leak a watery pre-milk called colostrum (kuh-LOSS-struhm)
- Your belly button may stick out
- Trouble sleeping
- The baby "dropping" or moving lower in your abdomen
- Contractions, which can be a sign of real or false labor
- As you near your due date, your cervix becomes thinner and softer (called effacing). This is a normal, natural process that helps the birth canal (vagina) to open during the birthing process.

Your doctor will check your progress with a vaginal exam as you near your due date. Get excited – the final countdown has begun!

# STAGES OF FETAL DEVELOPMENT

## 1ST TRIMESTER(WEEK 1-WEEK 12)



### AT FOUR WEEKS

- Your baby's brain and spinal cord have begun to form.
- The heart begins to form.
- Arm and leg buds appear.
- Your baby is now an embryo and one-twenty-fifth inch long.



### AT EIGHT WEEKS

- All major organs and external body structures have begun to form.
- Your baby's heart beats with a regular rhythm.
- The arms and legs grow longer, and fingers and toes have begun to form.
- The sex organs begin to form.
- The eyes have moved forward on the face and eyelids have formed.
- The umbilical cord is clearly visible.
- At the end of eight weeks, your baby is a fetus and looks more like a human. Your baby is nearly 1 inch long and weighs less than one-eighth ounce.



### AT TWELVE WEEKS

- The nerves and muscles begin to work together. Your baby can make a fist.
- The external sex organs show if your baby is a boy or girl. A woman who has an ultrasound in the second trimester or later might be able to find out the baby's sex.
- Eyelids close to protect the developing eyes. They will not open again until the 28th week.
- Head growth has slowed, and your baby is much longer. Now, at about 3 inches long, your baby weighs almost an ounce.



# STAGES OF FETAL DEVELOPMENT

## SECOND TRIMESTER (WEEK 13-WEEK 28)



### AT SIXTEEN WEEKS

- Muscle tissue and bone continue to form, creating a more complete skeleton.
- Skin begins to form. You can nearly see through it.
- Meconium (mih-KOH-nee-uhm) develops in your baby's intestinal tract. This will be your baby's first bowel movement.
- Your baby makes sucking motions with the mouth (sucking reflex).
- Your baby reaches a length of about 4 to 5 inches and weighs almost 3 ounces.



### AT TWENTY WEEKS

- Your baby is more active. You might feel slight fluttering.
- Your baby is covered by fine, downy hair called lanugo (luh-NOO-goh) and a waxy coating called vernix. This protects the forming skin underneath.
- Eyebrows, eyelashes, fingernails, and toenails have formed. Your baby can even scratch itself.
- Your baby can hear and swallow.
- Now halfway through your pregnancy, your baby is about 6 inches long and weighs about 9 ounces.



### AT TWENTY FOUR WEEKS

- Bone marrow begins to make blood cells.
- Taste buds form on your baby's tongue.
- Footprints and fingerprints have formed.
- Real hair begins to grow on your baby's head.
- The lungs are formed, but do not work.
- The hand and startle reflex develop.
- Your baby sleeps and wakes regularly.
- If your baby is a boy, his testicles begin to move from the abdomen into the scrotum. If your baby is a girl, her uterus and ovaries are in place, and a lifetime supply of eggs have formed in the ovaries.
- Your baby stores fat and has gained quite a bit of weight. Now at about 12 inches long, your baby weighs about 1½ pounds.

# STAGES OF FETAL DEVELOPMENT

## THIRD TRIMESTER (WEEK 29-WEEK 40)



### AT THIRTY TWO WEEKS

- Your baby's bones are fully formed, but still soft.
- Your baby's kicks and jabs are forceful.
- The eyes can open and close and sense changes in light.
- Lungs are not fully formed, but practice "breathing" movements occur.
- Your baby's body begins to store vital minerals, such as iron and calcium.
- Lanugo begins to fall off.
- Your baby is gaining weight quickly, about one-half pound a week. Now, your baby is about 15 to 17 inches long and weighs about 4 to 4½ pounds.



### AT THIRTY SIX WEEKS

- The protective waxy coating called vernix gets thicker.
- Body fat increases. Your baby is getting bigger and bigger and has less space to move around. Movements are less forceful, but you will feel stretches and wiggles.
- Your baby is about 16 to 19 inches long and weighs about 6 to 6½ pounds.



### AT FORTY WEEKS

- By the end of 37 weeks, your baby is considered full term. Your baby's organs are ready to function on their own.
- As you near your due date, your baby may turn into a head-down position for birth. Most babies "present" head down.
- At birth, your baby may weigh somewhere between 6 pounds 2 ounces and 9 pounds 2 ounces and be 19 to 21 inches long. Most full-term babies fall within these ranges. But healthy babies come in many different sizes.



# NEW MOMS AND DADS



## NEW PARENTS

Becoming a new parent is exciting and enjoyable, but it can also be stressful. It is easy to become overwhelmed and confused while learning how to meet your own needs, the needs of your new baby, and navigating the routines of daily life.

What happens to kids during childhood shapes who they become as adults. Children who are nurtured and supported throughout childhood are more likely to thrive and live to their fullest potential.



## INFANT BONDING & ATTACHMENT

The quality of the responses and interactions between parents and their infants, is a key element in the infant's development of a secure attachment, and it influences the child's emotional, social, cognitive, and physical development.

As long as the primary caretaker satisfactorily attempts to meet his or her baby's needs, respond to the infant's signals, and soothe the infant at least one third of the time, a secure attachment is likely. If the infant is unresponsive or indifferent, seek professional help immediately.

Every parent needs help, especially with newborns. Reach out to your friends and family and ask for help when your infant won't stop crying, has colic, is fussy, or has difficulty sleeping.

## NEW MOMS

Every new mother needs plenty of rest while adjusting to physical changes, breastfeeding, and developing a routine with her newborn. It is ideal if her partner or family and friends help substantially with chores and meals for at least the first two weeks after childbirth, so that she can adequately attend to the infant's needs.

### 9 Tips for new moms:

- Prepare meals before the baby comes and pop them in the freezer.
- Keep visitors away for the first couple of days.
- Sleep or nap when the baby sleeps.
- Ask family and friends for help!
- Try to establish a routine for you and your baby.
- Don't stress about the housework.
- Be prepared for an emotional roller coaster.
- Enjoy this time with your new baby.
- Check in with your midwife or doctor.

Expert information and advice on parenting, including care of newborns and infant development, can help new parents develop reasonable expectations and assess whether their infant is healthy or if early intervention should be sought.



## NEW DADS

Often after the birth, the focus is primarily on the mother and new baby. Scheduling some individual quality dad and baby bonding time is key.

It's important to know that new fathers frequently have postnatal depression and anxiety too. So, it's essential to eat well, get plenty of sleep, and address any emotions that arise.

New dads can be a really big help to the new mom by sharing the load and helping out with regular household duties:

- Help with the housework and laundry.
- Do the cooking. Cook healthy meals. You both need to stay healthy and well.
- Help out with the grocery shopping.
- Help with the older children – school, homework, sports, bed and bath time.





# “BABY BLUES”

## POSTPARTUM DEPRESSION



Many mothers experience the baby blues during the first few days after giving birth. If a new mother continues to feel blue for more than several days, she should immediately contact her doctor. Postpartum depression (PPD) occurs in about 20% of women and can occur any time in the first year after giving birth.

Postpartum depression can interfere with the bonding process between mother and child, and this emotional bonding process is the most important task of infancy. Having PPD is nothing to be ashamed of! Instead, it's an important signal that the mother needs to take her symptoms seriously, without judgment, and seek the support needs.

Postpartum psychosis in new mothers usually occurs within the first 48 hours to two weeks after childbirth and is characterized by bizarre behavior, hallucinations, delusions, and other extreme symptoms. Call your doctor immediately at the first sign of such symptoms, as there is a high risk of infanticide and suicide.

**IF YOU ARE THINKING OF HURTING YOURSELF, YOUR INFANT, OR SOMEONE ELSE, CALL YOUR DOCTOR, 911 OR REACH FOR OUTSIDE HELP IMMEDIATELY. NATIONAL SUICIDE HOTLINE: 1-800-SUICIDE**



# GRANDPARENTS AND CAREGIVERS



## CHANGING FAMILY STRUCTURE

Over the past several decades, family structures have changed dramatically. An increase in divorce rates and single-parent families, plus a decline in real wages and jobs paying a living wage have increased the need of parents to rely on extended family to assist with the care of their children.

Children who are nurtured and supported throughout childhood are more likely to thrive and develop into happy, healthy, and productive adults.



## GRANDPARENTS

It is estimated that 6.5 million children in the United States currently live with at least one grandparent (Kreider, 2004), accounting for approximately 9% of all children nationally and more than half (56%) of those not living with their parents.

The trend of grandparents caring for grandchildren is so great that new societal challenges have emerged. In May 2017 Senator Susan Collins of Maine, introduced bill S.1091 – Supporting Grandparents Raising Grandchildren Act.



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