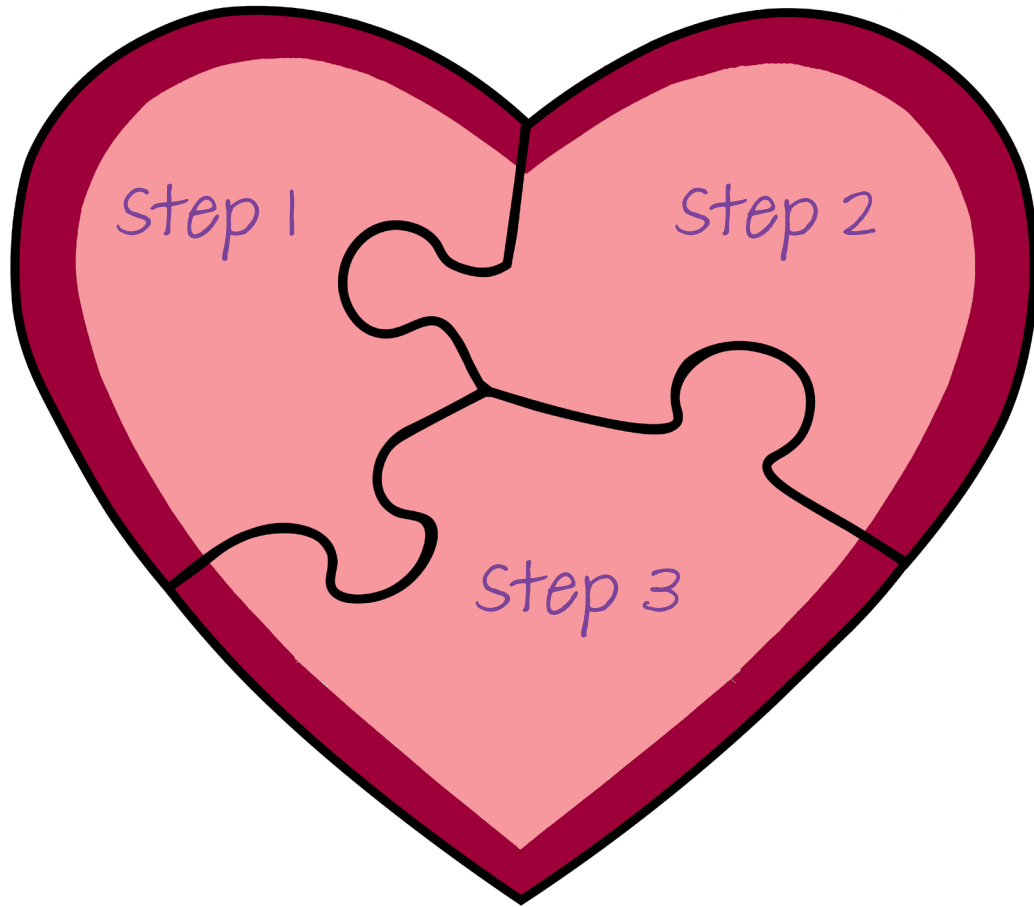




Daily Do...Prenatal E-Parenting

Handout JS2



How to do *Prenatal E-Parenting* many times a day:

Step 1: _____

Step 2: _____

Step 3: _____

Continued



The potential payoffs that are important to me are:

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Growing Great Kids™
D A I L Y D O

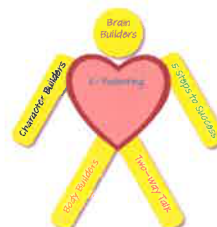
Prenatal E-Parenting

Growing Empathic Parenting Skills and
Self-Regulation in Children

Handout JS2



Step 1... Ask yourself what you think your baby might be experiencing.



Step 2... Put what you think they're feeling into words.

- Use 2-to-3-word phrases.
- Repeat them several times.
- Use your tone of voice to match the feeling.



Step 3... Do something to support how you think they're feeling.

- Rub your belly.
- Rock back and forth.
- Sing to them.
- Remove yourself from the stressful situation.
- Read to them.
- Make yourself comfortable by changing positions.
- Interact with them (describe what you're doing, introduce a new toy, etc.).
- Go for a walk.
- Assure them that it will be okay.
- Apologize.
- Tell them everyone makes mistakes.
- Tell them how much they're loved.



Continued



For a parent, empathy means letting your child know and feel that you understand what they're experiencing or feeling.

It means you can be depended on to:



- Share in their joy and excitement.
- Make them feel secure and protected.
- Help them manage their strong emotions such as anger, jealousy, and frustration in appropriate ways.

What are the potential payoffs for parents and children when parents use E-Parenting many times every day?

Children may:



- Have fewer temper tantrums.
- Have brains that are better “wired” to experience happiness and joy.
- Develop better coping skills.
- Be less likely to be drawn to drugs and alcohol when they're teens and adults because they're more emotionally healthy and have strong self-esteem.
- Develop “Feeling Word Vocabularies,” which may give them better skills to resolve conflicts.
- Be more “ready” to pay attention and learn in school.
- Feel more understood when they become teenagers.
- Be less likely to bully others.
- Be more sensitive to the feelings of others.
- Be more likely to show respect to their families, elders, and the community.
- Learn to manage their stress better when they're teens/adults.



Parents may:

- Develop a larger “Feeling Word Vocabulary” and be more sensitive to the feelings of their child.
- Feel more competent.
- Find that discipline is easier.
- Find that communities become “kinder” because children grow up having more empathy for others.
- Find that communities become stronger because children grow up with better self-discipline (self-regulation).
- Find that their family is happier and less stressed because parents and children have learned how to manage their difficult emotions.