



Daily Do...Character Builders

Handout JS6

Continued



Cut out each label below and paste on the Character Builder Boxes in the correct order:

Growing Bonds of Love

Learning to Trust

Discovery

Identity & Independence

Prenatal

Birth to 8 Months

9 to 18 Months

19 to 36 Months

Continued



Some parenting practices I'd like to focus on:

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Continued



The potential payoffs that are important to me are:

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Character Builders: Prenatal

Growing Parenting Skills that Support
Strong Social and Emotional Development

Handout JS6

Children develop social and emotional skills over time
through strong relationships with caring adults.

This stage is **GROWING BONDS OF LOVE**:
Supporting your baby to feel loved, safe, and secure.



Parents can support child development at this stage
by incorporating these practices:

- Talk with your baby many times throughout the day by using **Prenatal Two-Way Talk**.
- Use the tone of your voice to comfort and soothe your baby.
- Let your baby know how much you love them and care for them.
- Rub your belly as you talk with your baby.
- Read and sing to your baby.
- Talk with your baby about their environment, new toys, and books.
- Encourage others to talk with your baby.
- Take care of yourself by eating healthy, exercising, and using **Prenatal Body Builders** daily.
- Remove yourself from stressful situations.
- Apologize to your baby when you feel disconnected from them by using **Prenatal Pause and Repair**.



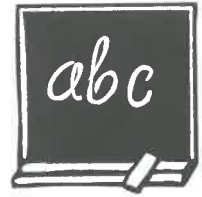
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What are the potential payoffs for parents and children when parents help their children feel safe and secure, curious and capable, and valued?

Children may:

- Trust their parents more.
- Be more ready to learn because they feel safe and secure (children who do not feel safe cannot focus on learning).
- Do better in school because they're curious and self-confident.
- Experience more healthy development in the emotional center of their brain.
- Have fewer fears because they feel secure and safe.
- Do better in team sports because they know how to get along with others and have a strong self-identity.
- Develop more healthy ways to manage stress.
- Do better in school because they're comfortable with routines.
- Be more capable of being self-reliant.
- Have healthier boundaries when they become teenagers and adults.



Parents may:

- Find parenting is easier because they understand the needs of their children and how to respond to them.
- Find that discipline is less challenging because children are better able to manage their feelings.
- Be less stressed because they understand how to meet the needs of their children, and as a result, children may be more capable of contributing to their community.
- Experience more family harmony because children are emotionally healthy and strong.
- Find that communities have less crime because teenagers and adults are healthier and more capable.



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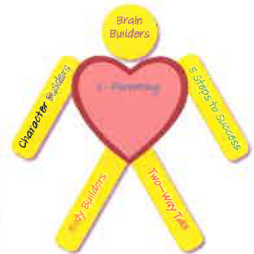
Character Builders: Birth-8 Months

Growing Parenting Skills that Support
Strong Social and Emotional Development

Handout JS6

Children experience 3 developmental stages.
Each stage has a primary developmental task.

This stage is **LEARNING TO TRUST**:
Helping your baby feel safe and valued.



Parents can support child development at this stage
by incorporating these practices:

- Do lots of **E-Parenting** every day.
- Tune in to your child's cues and quickly respond using nurturing care practices.
- Set and stick to a daily schedule and predictable care routines.
- Position your baby so that they can see your face and make eye contact with you.
- Bring your child interesting things to interact with as you play and talk with them.
- Talk with your baby using **Two-Way Talk**, telling them what they're seeing, hearing, touching, doing, and feeling.
- Provide a safe and interesting environment for play and investigation.
- Take your child to see and experience new and interesting things.
- Enjoy tummy time together on the floor.
- Avoid over-stimulating your baby with loud voices, activities and music, tickling, bright lights, or rough play.
- Show that you enjoy and are proud of your child's accomplishments.

Continued



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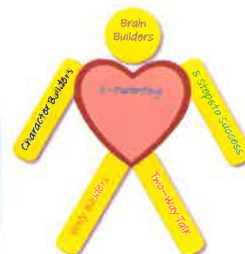
Character Builders: 9-18 Months

*Growing Parenting Skills that Support
Strong Social and Emotional Development*

Handout JS6

Children experience 3 developmental stages.
Each stage has a primary developmental task.

This stage is **DISCOVERY**:
Supporting your child to feel capable by encouraging
curiosity and problem solving.



*Parents can support child development at this stage
by incorporating these practices:*

- Encourage exploration, movement, and curiosity.
- Provide many opportunities every day for exploration by using **Brain Builders**.
- Use **5 Steps to Success** to make learning and exploration fun and exciting.
- Encourage and support your child to do things by themselves.
- Be a secure base that your child can come to for reassurance, encouragement, and hugs.
- Provide a safe and interesting environment for play and investigation.
- Limit screen time.
- Show your child that you understand their feelings by using **E-Parenting** daily.
- Firmly, but gently, set limits related to safety and hurting others by using **Body Builders** Predictable and Safe Environments.
- Talk with your child using **Two-Way Talk**. Tell them what they're hearing, seeing, touching, doing, and feeling.
- Show that you enjoy and are proud of your child's accomplishments.

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Handout

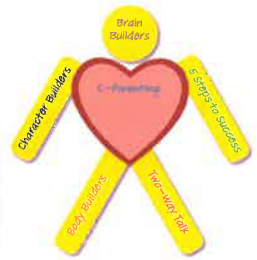
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Character Builders: 19-36 Months*Growing Parenting Skills that Support
Strong Social and Emotional Development***Handout JS6**

**Children experience 3 developmental stages.
Each stage has a primary developmental task.**

**This stage is IDENTITY and INDEPENDENCE:
Creating opportunities to help your child do things
on their own and to use their imagination.**



*Parents can support child development at this stage
by incorporating these practices:*

- Encourage your child to make simple choices.
- Set limits for your child that will help them learn to respect themselves and others as well as keep them safe.
- Talk with your child. Tell them what they're doing, feeling, and experiencing using **Two-Way Talk**.
- Assist with play and learning.
- Let your child know that you understand their feelings using **E-Parenting**.
- Encourage pretend play and creative exploration.
- Talk with your child about who is in their family and about familiar friends.
- Let your child help with simple chores such as putting toys away.
- Talk with your child about routines and any changes in routines.
- Notice and encourage their positive behaviors.
- Provide opportunities for them to do things without help.
- Introduce your child to other children and give them opportunities to play near other children, with adult supervision.
- Assist your child in problem-solving when they're playing with others.
- Help them practice sharing and taking turns with familiar adults. Use a timer to help them know when it's their turn.
- Identify items that belong only to them, such as a special toy or blanket.

Continued