

**Need a Cool Response
to Your Hot Button?**

Family Support Line

For times when parenting
gets tough



Metro Denver
303-695-7996
Statewide - toll-free
877-695-7996

10 a.m. - 10 p.m., Daily
Listening • Referrals
Information

Parent Education
&
Parent Support Groups
(Metro Denver Only)

Families
First

Where Parents Find Help,
Children Find Hope.

www.FamiliesFirstColorado.org

'Keep Cool' Tips for Parents

Encourage

See the good & build on strengths to enhance self-esteem

Listen & Talk

Use reflective listening – listen, hear the feeling, repeat what you heard

– *"You feel tired"*

– *"because you worked so hard"*

Use "I" messages

– *"When I see hitting"*

– *I feel worried"*

– *"because you might get hurt"*

Understand Your Child's Needs

The need to FEEL loved & valued

The developmental needs of a specific age

The goals of misbehavior

Use Natural Consequences

Teach by offering choices

Always follow through

No spanking does not mean no discipline

Discipline is not punishment

Identify Your Parenting Style

Modify for your child's needs

Be aware of the behavior you model

Set Limits

Respect & value each other

Think about what you share

Children want physical & emotional limits

Children learn by observing how you set your own limits, know when to say "No" to them & others

Avoid power struggles by choosing your battles

Care for Yourself

Remember, you can meet your child's needs best when you care for yourself

Cope with Change

Children may act up when you change your behavior

Practice stress management