



Knowledge of Parenting and Child Development

Strengthening Families Alaska Style

What is it?

Understanding child development is an important part of good parenting. Having realistic expectations of what children can do and can not do at certain ages helps you to avoid frustration and understand your child better.

Who knows a child best - their likes and dislikes, the things that interest them and the things they can do really well? Parents do! Because children are always growing and changing, all parents need to keep growing and learning about their child's development and the best ways to help their children manage social and emotional behaviors.

When parents provide safe boundaries, affection, good listening skills and consistent rules and expectations, children thrive. Successful parenting helps children succeed in school, feel loved, get along with others and have a sense of belonging.

Family Check-In: How are you doing?

Rate the following:

I have confidence in my ability to parent and take care of my children.

| | | | |
|-------------|-----------|-------|------------------|
| 1 | 2 | 3 | 4 |
| Not usually | Sometimes | Often | Most of the time |

Five ways to learn more about child development:

- 1 Talk to other parents, or even your own parents.
- 2 Look for parenting classes or support groups in your community.
- 3 Ask your doctor at your next well child check up.
- 4 Take a cruise through your local library for books and parenting magazines.
- 5 Find your favorite website and visit there often. Here are a few to get you started:

www.zerotothree.org
www.bestbeginningsalaska.org
www.threadalaska.org
www.naeyc.org
www.alaskachildrenstrust.org