

10 BIG IDEAS
to help our kids grow
to be the best they can be

BIG IDEA #1:
CATCH THEM BEING GOOD

BIG IDEA #2:
**DON'T ACCIDENTALLY REWARD
UNWANTED BEHAVIOR**

BIG IDEA #3:
**TEACH YOUR CHILDREN APPROPRIATE
BEHAVIORS YOU WOULD LIKE THEM
TO DO INSTEAD OF THE UNWANTED
BEHAVIORS**

BIG IDEA #4:
GRANDMA'S RULE

BIG IDEA #5:
**GIVE CLEAR DIRECTIONS and ONLY
ONE TIME**

BIG IDEA #6:
TAKE CARE OF OURSELVES

BIG IDEA #7:
PROVIDE STRUCTURE AND ROUTINES

BIG IDEA #8:
**ALL CHILDREN NEED TO GROW UP IN
HOMES THAT ARE SAFE, STABLE, &
NURTURING**

BIG IDEA #9:
**PARENTS ARE THEIR CHILDREN'S
FIRST TEACHER**

BIG IDEA #10:
**TAKE TIME EACH DAY TO LET YOUR
CHILDREN KNOW HOW SPECIAL THEY
ARE TO YOU**



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**Promoting Healthy
Social and Emotional
Development**

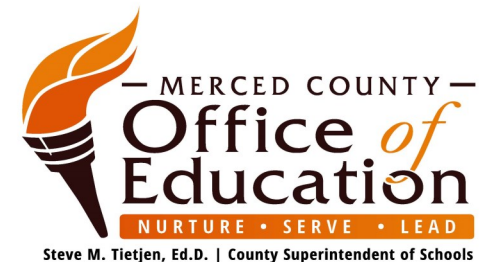
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[http://www.mcoe.org/deptprog/earlyed/CK/Pages/
Caring-Kids.aspx](http://www.mcoe.org/deptprog/earlyed/CK/Pages/Caring-Kids.aspx)

Have you hugged your child today?



Caring Kids

Merced County Office of Education's Caring Kids program provides resources and services to young children and families to support healthy child development. The program helps children through age 5 learn self-regulation and social skills. It teaches parents and caregivers the best ways to help children develop socially and emotionally. These services help build protective factors and reduce challenging behaviors which will increase the chances of children being successful in school.

Caring Kids employs *Strengthening Families* strategies when working with parents and guardians.

The *Strengthening Families* approach is a research-based, cost-effective strategy that is aimed at increasing family stability, enhancing child-development, and reducing child abuse and neglect.

Services:

- Provide education and support to help parents develop skills to promote the healthy social and emotional development of their children through
 - a) home visiting
 - b) social skills groups/playgroups
 - c) workshops
- Screen children for social-emotional delays using ASQ:SE
- Conduct individualized social skills and behavioral intervention with children with social-emotional delays

Our approach is based on *5 Protective Factors* that, when present in families, reduce the incidence of child abuse and neglect by providing parents with what they need to parent effectively, even under stress.

Parental Resilience

Social Connections

Knowledge of Parenting and Child Development

Concrete Support in Times of Need

Social and Emotional Competence of Children

Goals:

- Caring Kids aims to provide services that are comprehensive in their approach to help children develop optimally. We aim to help children directly and to help those that take care of them. We aim to help children learn appropriate social skills and to help parents

and caregivers learn the best approaches to nurture positive social-emotional development.

- By identifying and providing systematic early intervention to children with "at risk" behaviors, children will be better prepared for entering kindergarten 'ready for school' and less likely to require special education or mental health services.

Social Skills Lessons:

- **Following 1-Step Instructions**
- **Following 2-Step Instructions**
- **Sitting Appropriately**
- **"Wh" Questions (Who, What, When, Where, Why)**
- **Raising Hand Appropriately**
- **Understanding Need for Rules/Accepting Consequences**
- **Using Courtesy (Magic) Words**
- **Learning to Cooperate and Take Turns**
- **Sharing**
- **Understanding Differences and Similarities**
- **Expressing Feelings and Giving Compliments**
- **Dealing With Anger/ Peaceful Problem Solving**
- **Hands Are Not For Hitting**
- **Responding to Peer Pressure and Name Calling**