

# **Essentials for Parenting Toddlers and Preschoolers**

**[www.cdc.gov/parents/essentials](http://www.cdc.gov/parents/essentials)**



Co  
your website, newsletters, listserv announcements, blogs, or other platforms.

For Parents:

### New Resource-- Essentials for Parenting Toddlers and Preschoolers

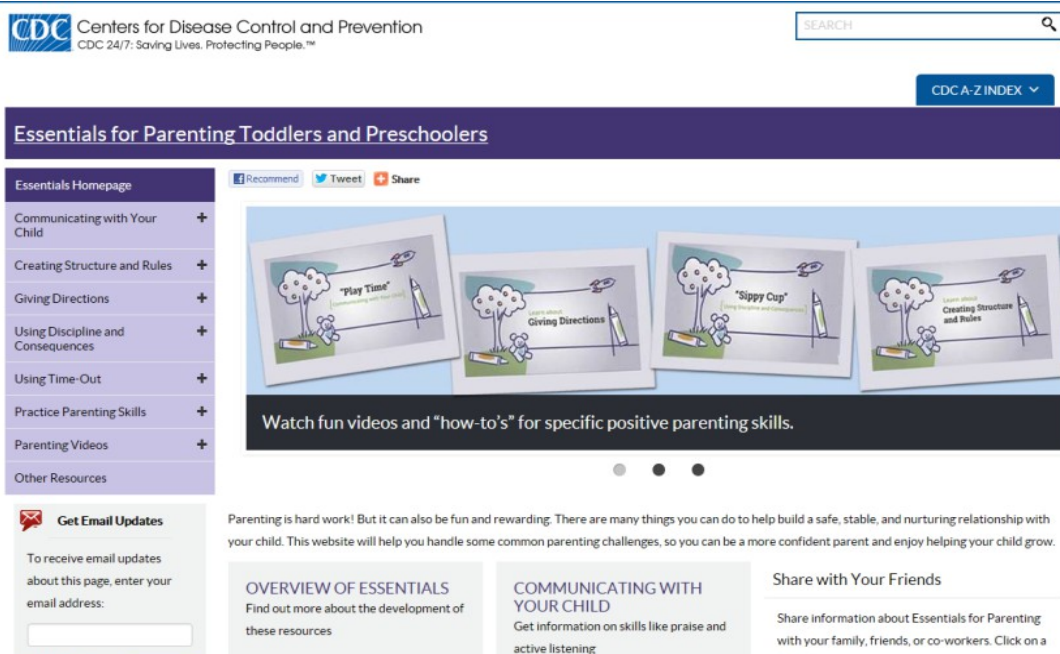
Are you a parent of a toddler or preschooler? Wish you had a manual for how to handle temper tantrums, whining, and not listening? Let CDC's new resource, [Essentials for Parenting](#), help you make challenging behaviors more manageable and build a good relationship with your child. Get advice from experts, watch "how-to" videos, and practice your skills. The building blocks of positive parenting can reduce daily stress and improve your child's behavior. Learn about giving praise, setting expectations and using discipline. Find detailed information on giving clear directions and how to use time-out. Learn new ways to encourage your child's good behavior.

For Colleagues and Organizations:

### New Resource-- Essentials for Parenting Toddlers and Preschoolers

Essentials for Parenting Toddlers and Preschoolers is a free, online resource developed by the Centers for Disease Control and Prevention (CDC). Parents learn skills that form the foundation of a positive parent-child relationship. Skills focus on encouraging good behavior, while decreasing misbehavior using proven strategies like positive communication, structure and rules, clear directions, and consistent discipline and consequences. Using these skills and techniques can reduce parenting stress and provide parents with ways to handle their child's misbehavior. For more information, visit [www.cdc.gov/parents/essentials](http://www.cdc.gov/parents/essentials).

### Suggested Image:



Encourage conversation about positive parenting on your organization's social media platforms and share **Essentials for Parenting** resources.

*Note: shortened URL will work when site is live. Tweets are 130 characters or less. Customize the message to fit your organization and platforms.*

Platform	Content
<b>Facebook</b>	Toddlers & preschoolers can be a handful! Essentials for Parenting has tips & activities for handling common challenges. <a href="http://go.usa.gov/kmNj">http://go.usa.gov/kmNj</a>
	Wish kids came with a how-to kit? Essentials for Parenting comes close! Watch videos on communicating, setting expectations, & using discipline with 2- to 4-year-olds. <a href="http://go.usa.gov/kmNj">http://go.usa.gov/kmNj</a>
	Every parent wants to know: How to keep kids from misbehaving? Give clear directions. Set expectations. Create structure & rules. Walk through *proven* solutions that are easy & fun, too! <a href="http://go.usa.gov/kmNj">http://go.usa.gov/kmNj</a>
	Got toddlers or preschoolers? Watch real-life moms & dads practice parenting techniques like giving praise & setting routines. <a href="http://go.usa.gov/kmNj">http://go.usa.gov/kmNj</a>
	Common challenges with 2- to 4-year-olds can feel uncommonly hard! Get resources on positive parenting from CDC. <a href="http://go.usa.gov/kmNj">http://go.usa.gov/kmNj</a>
<b>Twitter</b>	Essentials for Parenting gives positive parenting tips for toddlers & preschoolers so they grow up happy. <a href="http://go.usa.gov/kmNj">http://go.usa.gov/kmNj</a>
	Want a how-to kit for being a mom or dad? Essentials for Parenting has fun tips & videos you can use today. <a href="http://go.usa.gov/kmNj">http://go.usa.gov/kmNj</a>
	How to keep young kids from misbehaving? Direction. Rules. Praise. Essentials for Parenting has answers. <a href="http://go.usa.gov/kmNj">http://go.usa.gov/kmNj</a>
	Got kids? Watch real-life moms & dads practice parenting techniques like giving praise & setting routines. <a href="http://go.usa.gov/kmNj">http://go.usa.gov/kmNj</a>
	Common challenges w/ 2- to 4-year-olds can feel uncommonly hard! @CDCgov has tips for positive parenting. <a href="http://go.usa.gov/kmNj">http://go.usa.gov/kmNj</a>

Easily link from your website to ***Essentials for Parenting***. Add a web button to your organization's website, download or embed videos, or syndicate CDC content.

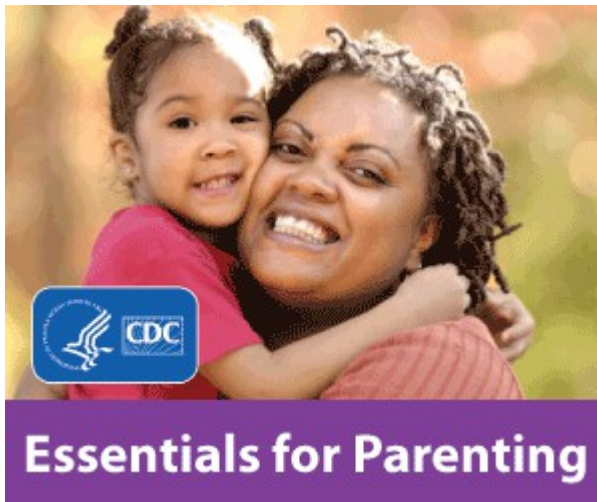
Copy the code below for this "Essentials for Parenting" button

```
<a  
href="http://www.cdc.gov/parents/essentials/index.html"></a>
```

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<a  
href="http://www.cdc.gov/parents/essentials/index.html"></a>
```





*Essentials for Parenting* has feature and how-to videos that can be easily shared on your website or social media platform.

Feature Videos	How-To Videos
<a href="#">Play Time: Communicating with Your Child</a>	<a href="#">How to Use Positive Communication</a>
<a href="#">Charts and Graphs: Creating Structure and Rules</a>	<a href="#">How to Create Structure</a>
<a href="#">You Know What I Mean? Giving Directions</a>	<a href="#">How to Give Good Directions</a>
<a href="#">Sippy Cup: Using Discipline and Consequences</a>	<a href="#">How to Use Discipline and Consequences</a>
<a href="#">She Knows: Using Time-Out</a>	<a href="#">How to Use Time-Out</a>

On each video page, you have the option to download the video or use the code provided to embed into a webpage.

## Essentials for Parenting Toddlers and Preschoolers

Essentials Homepage	
Communicating with Your Child	+
Creating Structure and Rules	+
Giving Directions	+
Using Discipline and Consequences	+
Using Time-Out	+
Practice Parenting Skills	+
Parenting Videos	-
<b>Play Time: Communicating with Your Child</b>	-
How to Use Positive Communication	
Charts & Graphs: Creating Structure & Rules	+
You Know What I Mean? Giving Directions	+
Sippy Cup: Using Discipline & Consequences	+
She Knows: Using Time-Out	+
Other Resources	

[CDC](#) > [Parenting](#) > [Essentials Homepage](#) > [Parenting Videos](#)

### Play Time: Communicating with Your Child

[Recommend](#) [Tweet](#) [Share](#)



#### Video Description

A father lets stress from work interfere with his play time with his daughter. Watch as he learns how to get his daughter interested in play time again.

To view tips and ideas to help with this common parenting problem, [watch this video](#).

#### Share this Video

##### Embed:

To embed this video, copy the code below and paste it into your webpage.

```
<iframe width="560"
height="315"
src="//www.youtube.com/embed/
ZG3Wlwi5y6k" frameborder="0"
allowfullscreen></iframe>
```

#### Download this Video

To download this video, right click on the links below and select the "Save Target As..." option.

[Download this video »](#)

The CDC Content Syndication site allows you to import content from CDC websites directly into your own website or application. This services is provided free of charge. *\*Note: syndication will be available shortly after launch.*

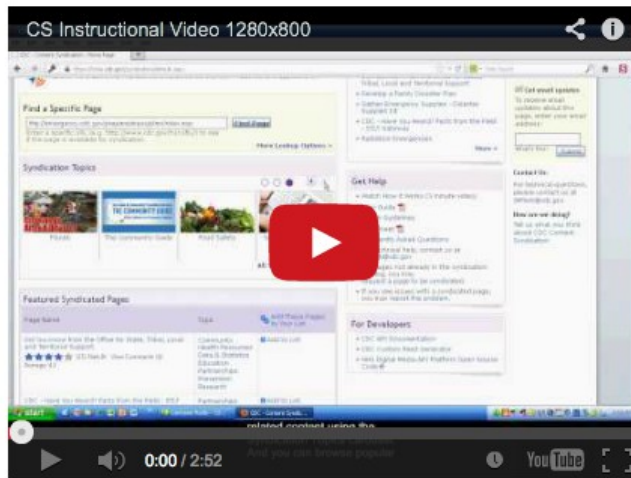
To learn more about how to syndicate CDC content, including **Essentials for Parenting**, please visit:

<https://tools.cdc.gov/syndication/LearnMore.aspx>



## Watch How it Works

This 3 minute video shows how easy it is to incorporate CDC syndicated content into your web site.



CDC Home



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives. Protecting People.™

A-Z Topic Index for Content Syndication : A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

## Content Syndication

The CDC Content Syndication site allows you to import content from CDC websites directly into your own website or application. These services are provided free of charge.



**Learn More** about how to add syndicated content to your websites and applications.

### Find a Specific Page

Enter a specific URL (e.g. <http://www.cdc.gov/h1n1flu/>) to see if the page is available for syndication.

Find Page

[More Lookup Options >>](#)

### Syndication Topics



Spring Health & Safety



Recursos de los CDC en Español



CDC Features



Violence Prevention

[All Syndication Topics >>](#)

### Featured Syndicated Pages

Page Name Topic [Add These Pages to](#)

### Sign In

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Your List

[New User? Register](#)

[Sign In](#)

[Forgot Password?](#)

### Top 5 Pages by Code Requested

- Did You Know from the Office for State, Tribal, Local and Territorial Support
- Develop a Family Disaster Plan
- CDC - Have You Heard? Facts from the Field - STLT Gateway
- Chlamydia - CDC Fact Sheet
- Current Healthy Living Feature Topic

[More >>](#)

### Get Help

- Watch How it Works (3 minute video)
- Fact Sheet 

To register and

syndicate CDC content, please create an account here:

<https://tools.cdc.gov/syndication/secure/registration.aspx>

