

# 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). It gives parents information about how to interact positively with their child. The information is based on the best available evidence and is designed for parents with children between the ages of 2 and 4. This resource also provides answers to common parenting challenges so parents can be more confident and enjoy helping their children grow.

## ***What can parents learn?***

Parents learn skills that form the foundation of a positive parent-child relationship. Using these skills and techniques can reduce parenting stress and provide parents with ways to handle their child's misbehavior.

### » **Communicating with Your Child**

Get information on communication skills like praise and active listening

### » **Creating Structure**

Set expectations using family rules, reward charts, and daily schedules

### » **Giving Directions**

Encourage your child to listen by giving simple, effective directions

### » **Using Discipline and Consequences**

Learn about consequences like ignoring and distraction

### » **Using Time-Out**

Get tips on when, where, and how to use time-out



## **Articles**

- Read articles with a variety of skills, tips, and techniques
- Download PDFs with step-by-step instructions on using positive parenting skills
- Browse "Frequently Asked Questions" answered by parenting experts



## **Videos**

- Watch fun and engaging videos featuring parents, children, and parenting experts who demonstrate and discuss skills
- View "how-to's" for specific techniques like giving praise and creating routines



## **Activities**

- Practice skills using videos and photographs that incorporate real-life situations
- Print free resources like chore charts and daily schedules



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