

“Positive Parenting Awareness Month” JANUARY 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
	<p>Read a bedtime story to your child, no matter how old they are.</p> 	<p>Learn more about Triple P</p> <p>TODAY by calling Live Violence Free at 530-694-1853</p>		<p>Catch your child being good!</p> <p>This might look like saying “Thank you so much for playing with your sibling so well!”</p>	 <p>Look up at the clouds ask your child; “What objects they see?”</p>	
10	11	12	13	14	15	16
	<p>Give specific praise to your child!</p> <p>Instead of “good job cleaning today,” try saying “you did a good job making your bed today”</p> 	<p>Leave a special note for your child in their shoe or on the bathroom mirror.</p> 	<p>Listen to podcast episodes by the founder of Triple P</p> <p>https://tinyurl.com/PPAM2021</p> 	 <p>Spend time playing outside together!</p>	<p>Spend quality time with your child!</p> <p>Set aside time to engage in an activity they enjoy doing with you with no other distractions!</p>	
17	18	19	20	21	22	23
	<p>Take care of YOURSELF the best you can!</p> <p>Take actions to give you a better sense of personal control as a parent – deep breathing, exercising and eating healthy.</p>	<p>Sign on to the Board of Supervisors Meeting to hear the “Positive Parenting Awareness Month” Proclamation read aloud.</p>		<p>Give clear, calm instructions:</p> <p>Instead of “don’t do that,” try being more specific, such as “stop jumping on the sofa, please sit on the sofa.”</p>	<p>Bake something together in the kitchen.</p> 	
24	25	26	27	28	29	30
	 <p>Win a special gift by attending Parent Education Zoom with Catalyst Community 6pm *</p>	<p>Complete in-home Scavenger Hunt!</p> <p>with your child</p> <p>Included from school and Let’s Connect Newsletter on January 15, 2021</p>	<p>Join Create the Good Zoom at 12pm</p> <p>Cuddled & Carried Story time</p> <p>Visit one of the Little Free Libraries around the County to get your own copy of the book.</p>	<p>Draw or paint a picture together.</p> 	<p>Discuss any existing routines you have with your child.</p> <p>Consistency is important!</p> 	

Did you know?



January is Positive Parenting Awareness Month! Here are some tips and information about the Triple P Parenting Program offered in Alpine County!

Children may express their emotions in different ways than adults. **This year has been a scary and different year for so many families.** Your child might be expressing this through anger, clinginess, sadness, outbursts, and other abnormal behaviors for your child. Validate your child's feelings and discuss appropriate ways to express them.

Tracking your child's problem behaviors can help you identify certain times of day or activities that cause your child to act out. This can help you recognize different tools from your toolbox to use to help your child modify their behaviors and be more successful.

If your child struggles with tasks such as running errands, **try practicing the outing first.** This will help your child know what to expect on outings!

Triple P does not tell you how to be a parent. **It is more like a toolbox of ideas** like the ones above. You choose the strategies you need. You choose the way you want to use them.

It is all about making Triple P work for you!

With Triple P, **any parent can participate.** There is no need to qualify for any other Live Violence Free program or service.

With Triple P, your sessions can be in office or virtual, and each session is individually scheduled with your practitioner.

Get started with Triple P today! Call Briana or Sara with Live Violence Free at **530-694-1853** or send us an email at **alpine@liveviolencefree.org**

