

Resources for Parents of Young Children

Addressing Challenging Behaviors

[Teaching Rules at Home](#)

[How to Give Clear Directions](#)

[How to Help Your Child Stop Hitting and Pushing](#)

[How to Help Your Child Avoid Meltdowns](#)

[How to Understand the Meaning of Your Child's Behavior](#)

[How to Help Your Child Stop Whining](#)

Family Schedules and Routines

[How to Help Your Child Have a Successful Bedtime](#)

[How to Help Your Child Have a Successful Morning](#)

[How to Plan Activities to Reduce Challenging Behaviors](#)

[How to Help Your Child with Transitions](#)

[Bedtime and Naptime](#)

[Family Routine Guide](#)



Helping Your Child Understand Emotions

[How to Help Your Child Recognize and Understand Anger](#)

[How to Help Your Child Recognize and Understand Disappointment](#)

[How to Help Your Child Recognize and Understand Fear](#)

[How to Help Your Child Recognize and Understand Frustration](#)

[How to Help Your Child Recognize and Understand Sadness](#)

[How to Use Positive Language to Improve Your Child's Behavior](#)

[Strategies to Help Your Child Calm Down](#)

[Using a Calm Down Area at Home](#)



Teaching Social Skills

[How to Teach Your Child to Appropriately Get Your Attention](#)

[How to Help Your Child Learn to Share](#)

[How to Teach Your Child to Take Turns](#)

Stories that Teach

[*We Can Be Problem Solvers at Home*](#)

[*I Am a Super Friend*](#)

[*Suri Spider Selects a Solution*](#)

[*Tucker Turtle Takes Time to Tuck and Think At Home*](#)

