



# Helping Kids Grow

Empowering Families to Build Resilient Children

# Tools for Families

Children don't come with instructions, and there's no one-size-fits-all approach to positive parenting. These basics will help parents and caregivers build healthy and resilient children who are ready for a bright and promising future.



## **BUILD**

Manage stress and buffer its effects on your family during tough times



## **GROW**

Engage in developmentally-appropriate interactions with your child



## **SHARE**

Enhance skills to connect with supports that strengthen your family



## **SUPPORT**

Develop mutual trust and support with your child



## **UNDERSTAND**

Foster your child's social and emotional development

# How Families Can Be Empowered

Children and their families can learn to have inner strength in challenging times, understand the meaning of personal growth, engage in trusting and caring relationships, manage their emotions, and interact positively with others.



## BUILD



**Build resilience. Learn skills needed to manage stress and nurture children.**

- Listen and learn from the stories of others
- Help people feel accepted for who they are at home, at work and in the community
- Celebrate your child's successes and strengths on a regular basis through praise and encouragement
- Provide opportunities for children to succeed and excel in areas of strength



## GROW



**Grow positive outcomes. Know the importance of a child's individual development.**

- Learn what children need at different ages and stages of development and adapt to meet new and ongoing needs
- Support and learn about individuals and their families with different abilities
- Create a stimulating and interesting environment for children to learn and grow
- Practice empathy by recognizing that what happens in childhood affects you in adulthood



## SHARE



**Share resources that allow families to meet their basic needs.**

- Learn about your community's resources and share with friends and family
- Become an advocate for a quality support system in your community
- Increase your knowledge of available resources to meet your family's basic needs
- Volunteer and help others

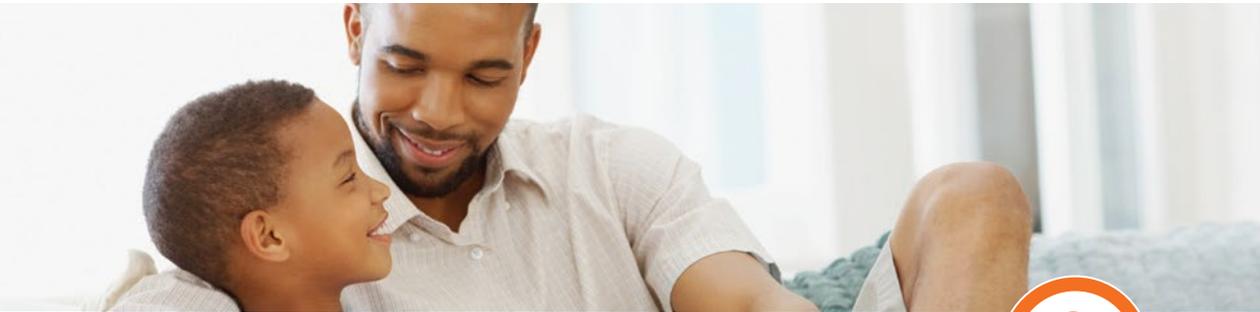


## SUPPORT



### Support children and families through positive relationships.

- Get to know your neighbors, and support them when they need it
- Seek support for physical and emotional needs, and share personal resources in return
- Engage in opportunities to build parenting skills and connect with other parents
- Learn more about your co-workers by sharing a lunch or coffee break



## UNDERSTAND



### Understand the importance of positive environments for social and emotional well-being.

- Work through your feelings in a healthy way
- Talk to trusted individuals about how you feel
- Teach children to value feelings of others
- Teach children the skills to manage emotions

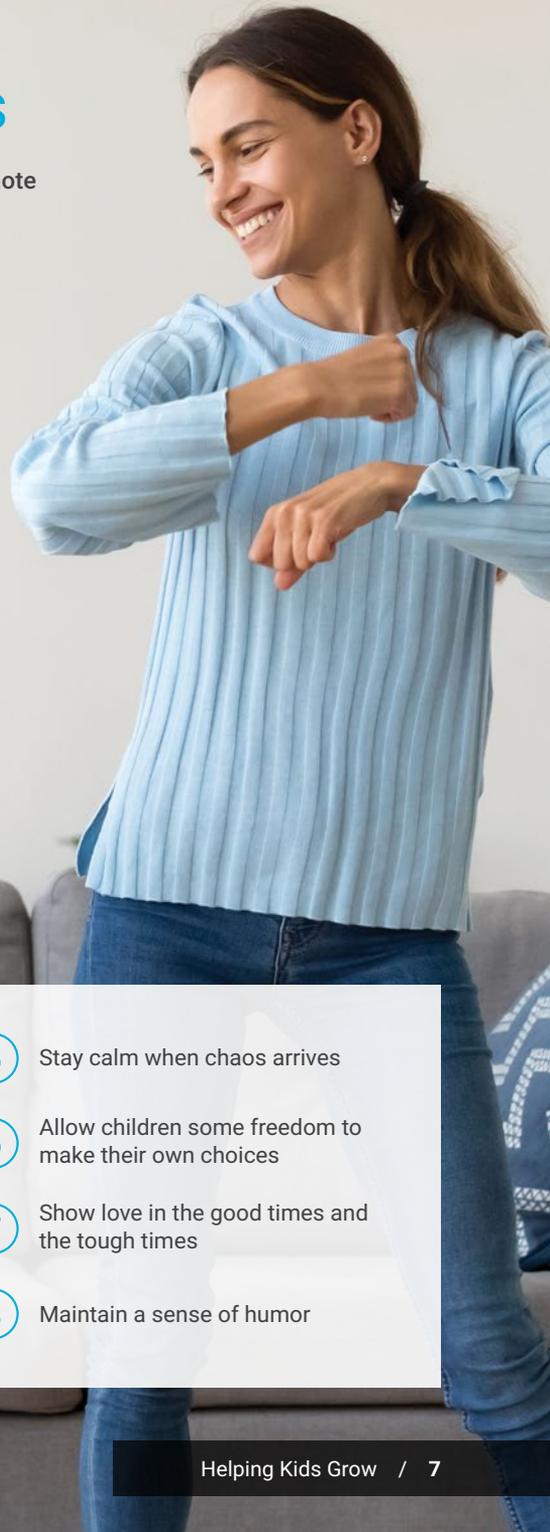
# Activities

Bring Families Together

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- Say "great job" or "I knew you could do it"
  - Keep a regular bedtime routine
  - Pretend play with stuffed animals or action figures
  - Read a story together
  - Sing songs and play rhyming games
  - Play games that encourage conversations
  - Make something together and give your child instructions to help
  - Track growth and development on chart or wall
  - Teach a skill (arts, cooking, woodwork, sewing, car repair)
  - Get involved in their schools
  - Support their extracurricular activities (sports, music, dance, scouting)

# 8 Great Parent Tips

Be a great parent. Here are ways for parents to promote healthy development and positive outcomes.



- 1 Let children know what they're experiencing is normal
- 2 Be consistent in your responses and your follow-through
- 3 Make sure kids understand what is safe and unsafe
- 4 Support them even when they mess up
- 5 Stay calm when chaos arrives
- 6 Allow children some freedom to make their own choices
- 7 Show love in the good times and the tough times
- 8 Maintain a sense of humor

## Report Suspected Child Abuse and Neglect

Immediately contact the county Department of Social Services (DSS) office where the child resides. Intake staff will assist the person making the report and assess the information provided to determine if an investigation is necessary. Contact information can be found online at [dss.sc.gov](http://dss.sc.gov).

If a child is in immediate danger, call 911. Police can also file reports of potential abuse or neglect and ask DSS to investigate the case.

South Carolina law requires that certain people (doctors, nurses, teachers, child care workers and more) report suspected cases of child abuse or neglect.



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