

# Creating Positive Childhood Experiences:

## What Parents and Caregivers Need to Know

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Quality Improvement Collaborative Steering Committee

### Colorado Chapter

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## 10 Ideas to Try

Caregivers, parents, and families often wonder how to help their children grow and thrive. It's important to know that all children, even those who have faced tough times, can be resilient. Here are 10 ways to create positive childhood experiences:

### 1 Read books together daily

It's one of the best things we can do for developing brains.

### Did you know?

Reading helps your child understand words more, increases bonding between caregiver and child, and improves school readiness!

### 2 Create a safe space

Make a safe space at home where your child can go to calm down. This could be a cozy corner or a tent.

### 3 Give your full attention

When your child talks to you, put your phone down and listen.

### 4 Play together every day

Spend 10-15 minutes playing with your child without any screens.

Build with blocks, play pretend, make art, play board games, or go outside and play catch.

### 5 Name feelings

For example, say, "It looks like you're feeling frustrated and mad right now." Let them know all feelings are okay.

### 6 Make fun family memories

Have family movie nights, dance parties, tea parties, or home "spa" days.

### 7 Praise specific good behavior

Notice when your child does something good and praise them. For example, "Great job clearing the table after dinner!"



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## 8 Show, don't just tell

Show your child how to do things, like what a clean room looks like.

## 9 Stick to routines

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## 10 Provide reassurance

Use reassuring words and or touch. "I love you", "I'm proud of you", "I admire this about you". Give high fives, fist bumps, hugs, pats on the back, snuggles.

### Ways to reassure

Sticky notes of affirmation "you matter", shared love item between child and caregiver, "The Invisible String" book, worry box before bed (the caregiver can take all the worries with them).



Reading books with your child helps create positive experiences. Scan the QR code for a list of recommended books on topics such as learning about feelings, feeling safe and connected, dealing with tough times, and understanding different families.

## Help your child calm down

Young children need help to calm down. When they are upset, say, "It seems like you have big feelings. Let's calm down together."

## 5 Senses game



Name the things you can see, hear, feel, smell and taste.

Belly  
Breath  
with Elmo



Scan QR Code to watch the YouTube Video.



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