

Family Resource List



This handout contains useful websites, videos, and other information in the module.

Websites

HealthyChildren.org is a resource by the American Academy of Pediatrics. On this website there is an option to select the age of your child and get information about that age group. The page is available in Spanish. <https://www.healthychildren.org/>

The Successful Parent (thesuccessfulparent.org) is a website with many parenting resources. The handout, *Assessing Your Parenting Style*, attached to this resource guide can be found on the website along with many other resources including working with different parenting styles and helping children in their moral development.

Videos

BBVA Aprendemos Juntos

This link is the full video conversation with Marisa Moya, a teacher and psychologist. This video is available in Spanish only with transcripts and is 54 minutes and 16 seconds long.

<https://youtu.be/aBdyQgHFnnQ>

Temperament

Emotional intensity is how your child reacts to things and express their feelings. Does your child need a lot of sleep? When they express feelings is it with a slight smile or a quiet comment? Does your child not like the tags inside a t-shirt? Do they get really excited when they are happy or shout when they are angry?

Examples:

Your child is excited about his cousins coming over to his house for dinner. He/she is talking quickly and running around the house. Instead of telling your child to be quiet, give them a job to do or give them a game to play. Put on some soft music and turn off the television.

Activity level means the how active a child is. Does your child need to move a lot? Do they fidget and have a hard time staying still for long periods of time? Does your child like to watch others before they join in play or conversation? Each child has a different level of activity. Knowing how active your child is helps reduce frustration and can help plan activities. Examples:

You have to go to the dentist with your child has a hard time sitting still for more than 30 minutes (or less for younger children). Before the appointment, go for a walk or go to the park so your child can be active before they will need to sit still.

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You are going to a birthday party and your child likes to watch other children before joining in their play. Let your child sit by you and watch when you get to the party. Do not force your child to join in play before they are ready.

Frustration tolerance is how your child handles difficult situations. Does your child get easily frustrated? Can your child sit and work on a puzzle or a hard problem until they complete it? Each child has a different level of how quickly they give up on something. You can help your child by telling them to take a break from the activity if you see they are getting angry or giving your child a lot of time to complete a project if they like to work until something is done.

Reaction to change and new people means what a child does when their routine is changed or when they meet new people. Does your child hide behind you when they see new people? Does your child's mood turn bad when they are picked up early from school? Does your child easily walk up to new people and start talking? Do they like to do something new all the time and not notice if something changes in their schedule? There is a range of reactions from children on new things. This does not change as children get older, but parents can help their child adjust to new things by giving them time to adjust to change. Parents can also let a child know ahead of time what the change in schedule will be. This may reduce the reaction the child has.