

# Proven Ways for Parents to Help Kids Grow and Maintain Strong Families

1

## Be Strong in the Face of Stress

Resilience is managing stress and dealing with your life, even when things get difficult.

- Take care of yourself and ask for help when you need it.
- Stop stress from getting in the way of providing loving care for your child.
- Enjoy time with your child and celebrate what you like about being a parent.

2

## Nurture Caring Friendships

Having a network of friends and family helps us feel secure, confident and empowered.

- Accept help from others and look for opportunities to help them back.
- Build your skills in reaching out to others, communicating and resolving conflict.
- Focus on relationships where you feel respected and appreciated.

3

## Grow Your Knowledge of Parenting and Childhood Development

There is no perfect parent, but knowing what to expect does make the job easier.

- Discover what to expect as your child grows.
- Try new skills and tips to help your child progress and thrive.
- Respond in a positive way when your child misbehaves.

4

## Ask For Support When You Need It

Some problems are too big to solve alone. Knowing where to get help in the community can make life easier.

- Know what help is available.
- Reach out and ask for help when needed.
- Share information on resources with others.

5

## Help Your Child Manage Feelings and Relationships

Help children develop skills so they can manage their emotions and build healthy relationships with their peers and adults.

- Respond warmly and consistently to your child.
- Allow your child to express his/her emotions.
- Model how to be kind and interact positively with others.
- 844-CO-4-Kids

To learn more or to get help, visit [co4kids.org](https://co4kids.org)

IF NOT YOU,  
THEN WHO?

800-CO-4-KIDS



COLORADO  
Department of Human Services