# {Course: Have a Healthy Relationship with My Partner}

| {Lesson: Listen and Talking to Each Other} | | |
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| Script | On Slide Text | Animation Notes |
| ¡Hola! Qué gusto verte de nuevo por aquí Crianza con Conciencia Positiva.  El curso que estás por comenzar trata sobre mantener una relación sana con tu pareja.  En la sesión de hoy, aprenderemos a escuchar y a platicar con nuestras parejas de forma positiva.  Escuchar y platicar con las personas que nos rodean es clave para tener paz y tranquilidad en el hogar.  ¡Exploremos la primera sesión! Comencemos: | Platicar y Escucharse Mutuamente |  |
| Aquí tienes algunas estrategias sobre cómo tu pareja y tú pueden escucharse y hablar el uno con el otro de manera comprensiva y cariñosa:  [1] Primero, comparte cómo te sientes.  ¡Compartir cómo nos sentimos y hablar sobre las dificultades a las que nos enfrentamos es una señal de fortaleza y ayuda a que todas y todos los miembros de la familia sean más resilientes!  Al compartir nuestras emociones, comprendemos mejor a las y los demás, así como también nos hacemos conscientes de que somos capaces de apoyarnos mutuamente.  [pausa]  [2] Segundo, elige qué tanto vas a compartir.  El objetivo de compartir tus dificultades con tu pareja es que pueda entender o esté más consciente de como te sientes.  Recuerda, tú decides cuánto compartes. Siempre puedes optar por compartir más en otro momento.  [pausa]  [3] En tercer lugar, sé amable contigo.  Empezar algo nuevo puede ser difícil. Date tiempo a ti y a las y los demás para acostumbrarse.  [pausa]  [4] Cuarto, busca un momento en el que te sientas a gusto y en paz.  No pasa nada si no siempre quieres compartir tus emociones y sentimientos.  Puedes optar por compartir cómo te sientes en otro momento de mayor paz y tranquilidad. | COMPARTIR CÓMO TE SIENTES  ELEGIR LO QUE COMPARTES  SER AMABLE CONTIGO  ESCOGER  UN MOMENTO EN EL QUE TE SIENTAS A GUSTO | Animate words to text. |
| La Actividad para Casa del día de hoy consiste en intentar apartar un poco de tiempo para platicar con tu pareja sobre tus sentimientos y las dificultades a las que te enfrentas. ¿Tienes tiempo para hacerlo hoy? | Platicar y Escucharse Mutuamente  ACTIVIDAD PARA CASA  Comparte tus sentimientos y dificultades con tu pareja |  |

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| {Lesson: Making Decisions Together} | | |
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| Script | On Slide Text | Animation Notes |
| ¡Hola! qué gusto verte de nuevo en Crianza con Conciencia Positiva.  El día de hoy, hablaremos sobre cómo tu pareja y tú pueden tomar decisiones en conjunto.  [pausa]  Al tomar decisiones en conjunto, refuerzan su relación de pareja a través de mejorar su comunicación y demostrarse respeto mutuo. Esto también ayuda a que sus niñas y niños se sientan amados y en un espacio seguro.  ¡Comencemos! | Tomar Decisiones en Conjunto |  |
| Aquí tienes algunos pasos que tu pareja y tú pueden seguir para comunicarse mejor y tomar decisiones en equipo:  COMPARTIR LA TOMA DE DECISIONES  [pausa]  INVOLUCRAR A TU PAREJA  [pausa]  ESTAR SINCRONIZADOS HACE LA DIFERENCIA  [pausa]  PRACTICAR AYUDA A MEJORAR  [pausa] | COMPARTIR LA TOMA DE DECISIONES  INVOLUCRAR A TU PAREJA  ESTAR SINCRONIZADOS HACE LA DIFERENCIA  PRACTICAR AYUDA A MEJORAR |  |
| En primer lugar, compartan la toma de decisiones.  La próxima vez, antes de tomar una decisión, habla con tu pareja siendo un equipo.  Pregúntale a tu pareja lo que piensa, y compártele tus pensamientos también.  Consideren las opciones que tienen y lleguen a un acuerdo.    [pausa]  En segundo lugar, involucra a tu pareja.  A veces puede ser difícil acordarnos de involucrar a nuestras parejas en la toma de decisiones.  ¡Si se te olvida, platícalo con tu pareja y sigan intentándolo!  Es importante que ambos participen y compartan las responsabilidades de la familia. Esto demuestra que ambos se preocupan el uno por el otro y que quieren estar involucrados.  [pausa] | ^ | Animate words to text. |
| En tercer lugar, estar sincronizados hace la diferencia.  Si tienes que tomar una decisión, menciónala en un momento en que tu pareja y tú no estén muy ocupados, puede ser por la mañana o por la noche.  Encuentra un momento en el que ambos estén en un momento tranquilo y tengan la disposición de escuchar y platicar.  Si la conversación empieza a complicarse, pueden ponerse de acuerdo para hacer una pausa y buscar otro momento para seguir platicando.  Recuerda tomar en cuenta las distintas opciones que tienes y considerar lo que más le convenga a tu familia.  [pausa]  En cuarto lugar, practicar nos ayuda a mejorar.  Puede tomar tiempo el acostumbrarse a tomar decisiones como equipo.  ¡Dense tiempo y sigan intentándolo!  Está bien no ser perfectos. Ambos pueden cometer errores, y no pasa nada. Reconozcan sus errores y vuelvan a intentarlo.  Recuerda que al seguir comunicándote con tu pareja, con el tiempo, ambos empezarán sobrellevar mejor las discusiones y compartiendo la toma de decisiones.  [pausa] | ^ | ^ |
| Tu Actividad para Casa del día de hoy consiste en involucrar a tu pareja en una decisión que tomes en este día. ¿Puedes hacerlo? | Tomar Decisiones en Conjunto  ACTIVIDAD PARA CASA  Involucra a tu pareja en una decisión que tomes hoy |  |

| {Lesson: Being a Supportive Partner and Parent} | | |
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| Script | On Slide Text | Animation Notes |
| Hola, ¡qué gusto tenerte de nuevo por aquí en Crianza con Conciencia Positiva!  Today, we are learning how to be a supportive partner and parent. When mothers and fathers are both engaged in parenting their girls, boys and teens, everyone benefits.  Here are some simple ways you can become a more confident and supportive partner and parent.  Let’s get started. | Being a Supportive Partner and Parent |  |
| [1] First, Show appreciation  Show your partner that you appreciate it when they spend quality time with your girls, boys or teens.  [pause]  [2] Next, work together.  If you are unsure how to work together with your partner, try asking them. By asking, you show that you care and want to be involved!  [pause]  [3] Step three, Lend a Hand.  It can sometimes be difficult to remember to ask if your partner needs help. Once you start asking, they may realise you want to be more involved, and begin asking for your help on their own.  [pause]  [4] Finally, ask for support.  It can be hard to ask for support. Sometimes we expect our partners to know we need support even if we don’t ask them. Once you start asking, they will likely start offering to help more in the future.  [pause]  Remember to thank your partner! | SHOW APPRECIATION  WORK TOGETHER  LEND A HAND  ASK FOR SUPPORT | Animate words to text. |
| Your home activity is to try doing childcare or housework together with your partner. Do you have time to do it today? | Being a Supportive Partner and Parent  HOME ACTIVITY  Try doing childcare or housework with your partner |  |

| {Lesson: Share Family Responsibilities} | | |
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| Script | On Slide Text | Animation Notes |
| Hello, we are glad to see you back on Crianza con Conciencia Positiva.  Today, we are learning how to share family responsibilities between you and your partner.  Sharing family responsibilities with your partner can help make life less stressful and improve your relationship!  Time to get started! | Share Family Responsibilities |  |
| Here are some simple ways you can start sharing family responsibilities with your partners:  [1] First, create a routine.  This can be hard to remember! Establishing a routine around caregiving or housework tasks can sometimes be helpful.  [pause]  Creating a routine also lets you talk to your partner about how to share the workload.  [pause]  [2] Next, talk about the workload with your partner  Talking with your partner about how you can share family responsibilities helps both of you understand each other better. ¡También demuestra que realmente te importa!  [pausa]  [3] Por último, recuerda solicitar apoyo.  Puede ser difícil recordar que podemos pedir ayuda. Sé amable contigo si te olvidas de pedir apoyo y vuelve a intentarlo en otra ocasión. ¡Solicitar apoyo y compartir las responsabilidades familiares beneficia a toda la familia! | ESTABLECER UNA RUTINA  HABLAR SOBRE LA CARGA DE TRABAJO  SOLICITAR APOYO | Animate words to text. |
| Tu Actividad para Casa del día de hoy consiste en invitar a tu pareja a discutir cómo se pueden dividir equitativamente las responsabilidades familiares en casa. ¿Tienes tiempo para hacerlo hoy? | Compartir las Responsabilidades Familiares  ACTIVIDAD PARA CASA  Discutir las Responsabilidades Familiares con Tu Pareja |  |

| {Lesson: Resolving Conflicts Peacefully} | | |
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| Script | On Slide Text | Animation Notes |
| ¡Te damos la bienvenida una vez más a Crianza con Conciencia Positiva!  El día de hoy aprenderemos cómo resolver conflictos de manera pacífica entre tu pareja y tú.  Todas las personas adultas tenemos desacuerdos de vez en cuando. Las peleas y discusiones no son una forma eficaz de resolver los problemas. Aprender a responder con calma cuando tengas un desacuerdo con tu pareja puede ayudarte a crear un hogar más tranquilo, en donde se respire paz.  ¡Acompáñame para saber más! | Resolver Conflictos Pacíficamente |  |
| Aquí tienes algunas estrategias que puedes probar para resolver pacíficamente los conflictos con tu pareja.  [1] Primero que nada, cuenta hasta diez.  A veces puede ser muy difícil mantener la calma cuando tenemos un desacuerdo con las y los demás.  Intenta pensar en algo que puedas hacer que te ayude a guardar la calma, como respirar hondo un par de veces o contar hasta diez.  [pausa]  [2] En segundo lugar, podrías hacer una pausa.  ¿Te acuerdas del primer día de Crianza con Conciencia Positiva, en donde aprendiste a cerrar los ojos, respirar profundo y hacer una pausa? Hacer una pausa antes de contestar puede ayudarnos a mantener la calma y a responder mejor en otro momento o más tarde.  Cuando sientas que se está acumulando el enojo, intenta hacer una pausa. ¡Tú puedes!  [pausa]  [3] Por último, aléjate si es necesario.  A veces, las personas nos responden negativamente cuando estamos discutiendo o en un desacuerdo.  En estas situaciones, sobre todo si sientes miedo o peligro, puede ser mejor que te alejes un rato hasta que todo se haya calmado. Recuerda que, si necesitas ayuda en una crisis, puedes escribir AYUDA en Crianza con Conciencia Positiva para recibir una lista de recursos que ofrece tu localidad donde puedes encontrar apoyo. | CONTAR HASTA DIEZ o respirar profundamente un par de veces  HACER UNA PAUSA antes de responder  ALEJARSE si es necesario | Animate words to text.  Add animation of phone with HELP on it according to text. |
| Recuerda que, si necesitas ayuda en una crisis, puedes escribir AYUDA en Crianza con Conciencia Positiva para recibir una lista de recursos que ofrece tu localidad donde puedes encontrar apoyo. | AYUDA | Add animation of phone with HELP on it |
| Today’s home activity is to practise taking a pause. Do you have time to practise taking a pause today? | Resolving Conflicts Peacefully  COUNT TO TEN TAKE A PAUSE WALK AWAY  HOME ACTIVITY  Take a pause today |  |

{Course: Understand Child Development}

| {Lesson: The Power of Play} | | |
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| Script | On Slide Text | Animation Notes |
| Hi, you're back on Crianza con Conciencia Positiva, fantastic!  Today, we are learning about supporting your girl or boy to find joy in learning in a playful and fun way.  Playing with your girl or boy is important for their development and learning in and out of school. This is true for ALL girls and boys, including those with physical and developmental disabilities.  Did you know that playing also helps your girl or boy learn social values and social rules?  Here are 2 tips on how you can make learning playful and fun with your girl or boy:  Get Active  [Pause]  and Allow Creativity [Pause]  Let’s get started. | The Power of Play  GET ACTIVE   ALLOW CREATIVITY |  |
| Firstly, get active.  To put it simply, play games!  [Pause]  Creating time for your girl or boy to play and have fun will make their physical and mental health better.  [Pause]  It also helps them learn and remember important facts better. Isn’t that great?  If your girl or boy starts to feel overwhelmed with anything in their day, help them reduce their stress by taking a pause or playing together.  [pause]  Use your girl’s or boy’s interests in your play or exercise sessions to help them engage. Begin with something simple and then gradually make it more complex.  [Pause]  Secondly, allow creativity.  Equally important, allow your girl or boy to be creative when playing. For example, you might encourage them to draw or go outside.  [Pause]  If your girl or boy is interested in a new topic, talk to them about it and help them explore the topic through play.  Remember, your child is watching and learning from you, so set a good example. Let your girl or boy see you being creative and trying something new, even if you are not good at it yet. | GET ACTIVE   ALLOW CREATIVITY | Animate words to text |
| For your home activity, invite your girl or boy to play with you today. Encourage them to ask questions and explore new things through play. Do you have time to do it today? | The Power of Play  HOME ACTIVITY  Play with your girl or boy |  |

| {Lesson: Learning from Experience} | | |
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| Script | On Slide Text | Animation Notes |
| Welcome back to Crianza con Conciencia Positiva!  Today’s parenting skill is about helping your girl or boy know how to learn from their mistakes. Learning from our mistakes can help us avoid them in the future. It can also help us be more supportive of ourselves and less harsh when things do not go well.  [Pause]  Here are four tips that you can use to help your girl or boy learn from their mistakes:  Talk  [pause]  praise effort  [pause]  allow for mistakes to happen  [pause] and share  Let’s learn more together. | Learning from Experience  TALK   PRAISE EFFORT   ALLOW MISTAKES  SHARE |  |
| First, talk.  Start off by creating space and time for your girl or boy to talk with you about their life. You can ask how school is going, about their friends, their likes or dislikes.  [pause]  If their day was challenging, listen to them and give them space to let them share.  [pause]  Following that, it is important to give them support and show you care. You can tell them, "that sounds difficult.” | TALK and let them share |  |
| The second tip is to praise effort.  Make a point to praise your girl or boy for the effort they put into their learning even if they did not succeed.  [pause]  Remember, effort is more important than mastering a specific skill. | PRAISE EFFORT, even if they did not succeed |  |
| Next, allow for mistakes to happen.  To begin with, allow your girl or boy to make mistakes. This lets them learn from their own mistakes so they can learn and grow.  [Pause]  You may want to solve every problem for your girl or boy, especially when you know better. But this will not teach them to solve their own problems.  [Pause]  Instead, talk to your girl or boy about their mistakes and allow them to figure out a way to solve their problems and do better next time. | ALLOW MISTAKES to happen. Let your girl or boy figure out a way to solve the problem. |  |
| Finally, share.  Try and share your own failures with your girl or boy and discuss how they helped you develop and grow.  [Pause]  By doing this, you help your girl or boy learn that you do not have to be perfect all the time. | SHARE your own failures |  |
| To help your girl or boy learn from experience remember:  Talk  [pause]  Praise Effort  [Pause]  Allow for mistakes to happen  [pause]  And Share.  Your home activity is to share a story with your girl or boy about a time you learned from a mistake. It can be something from when you were a girl or boy yourself or another life lesson.  Do you have time to do it today? | Learning from Experience  TALK   PRAISE EFFORT   ALLOW MISTAKES  SHARE  HOME ACTIVITY  Share a story with your girl or boy about a time you learned from a mistake |  |

| {Lesson: How Your Toddler is Changing} | | |
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| Script | On Slide Text | Animation Notes |
| Hello, it’s great to see you again on Crianza con Conciencia Positiva!  In this lesson, we help you support your girl’s or boy’s healthy development as they grow and change.   Girls and boys have different abilities at different stages of their development. It is important to be aware of their skills at this stage.    This helps you plan activities that match what they can do but also helps you have realistic goals for them.  At this stage of development, girls and boys are curious about their surroundings and want to learn how to do things on their own.  [Pause]  As time goes on, they will begin to explore the world more and express themselves using emotions and language, too.  To support the healthy development of your girl or boy, use these 3 tips:  Be patient,  [pause]  explore safely  [pause]  and encourage sharing.  Ready to learn more? | How Your Toddler is Changing  BE PATIENT   EXPLORE SAFELY   ENCOURAGE SHARING |  |
| To start, be patient.  Be patient while they learn new things. They may struggle at first, but with time and practice, they will succeed.  [Pause]  You can also support them by helping them break large tasks into smaller tasks appropriate for their ages  [Pause].  Remember to use words of encouragement to motivate them and praise each step!  [Pause]  Your girl or boy may express feelings dramatically. This is OK! They will learn to manage their emotions over time.  [pause]  Our second tip is to explore safely.  [pause]  Your girl or boy will become more curious and will do more by themselves as they observe the world around them. Be aware of their activities, but encourage them to experience fun activities safely!  [pause]  Encourage your girl or boy to learn tasks independently, like combing hair or tying shoelaces. Show them how to do it safely by setting a good example.  [pause]  Thirdly, encourage sharing.  Use games as a tool to teach your girl or boy about taking turns and sharing. They may not enjoy losing initially, but you can show them that the most important thing is to have fun.  [pause]  Also, make sure you praise your girl or boy when they share their things with others and show a positive attitude when they lose in a game. | BE PATIENT   EXPLORE SAFELY   ENCOURAGE SHARING |  |
| Your girl or boy is changing and you are doing a great job of helping them grow!  Your home activity is to complete your girl’s or boy’s development assessment. To get started, type GROW. Can you complete the assessment today? | How Your Toddler is Changing  HOME ACTIVITY  Complete your girl’s or boy’s development assessment  Type GROW to begin | Phone with GROW on it appears on screen with text. |

| {Lesson: How Your Young Girl or Boy is Changing} | | |
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| Script | On Slide Text | Animation Notes |
| Hello, it’s great to see you again on Crianza con Conciencia Positiva!  Today’s parenting lesson is about how you can support your girl’s or boy’s healthy development as they grow and change.   Girls and boys have different abilities at different stages of their development. It is important to be aware of their skills at this stage.  This helps you plan activities that match what they can do but also helps you have realistic goals for them.  At this stage of development, girls and boys love playing and learning through actions. From these activities, they learn social values. They will have a lot of questions about their environment.  Here are two tips to support the healthy development of your girl or boy at this age:  learn by playing  [pause]  and support curiosity.  Ready to learn more? | How Your Young Girl or Boy is Changing  LEARN BY PLAYING   SUPPORT CURIOSITY |  |
| Firstly, learn by playing.  Play, play, and play! Your girl or boy will develop relationships with other girls and boys and understand social rules through play.  [pause]  Your girl or boy may not like to lose, share, or take turns, but losing and taking turns can be taught! Playing is a great way to do this! Praise your girl or boy when they follow the rules or accept defeat.  The second tip is to support curiosity.  Your girl or boy may find it hard to know fantasy from the real world, so they may express feelings in a bigger way than it seems they need to. That is alright! They will learn to manage their emotions.  Your girl or boy may also talk a lot and have many questions. You can give them short but honest answers.  Your girl or boy may repeat the question or ask follow-up questions to learn more. During such a time, take a pause and be calm as you support their interest to learn and continue to answer. | LEARN BY PLAYING   SUPPORT CURIOSITY |  |
| Your girl or boy is changing and you are doing a great job of helping them grow!  Your home activity is to complete your girl’s or boy’s development assessment. To get started, type GROW. Can you complete the assessment today? | How Your Young Girl or Boy is Changing  HOME ACTIVITY  Complete your girl’s or boy’s development assessment  Type GROW to begin |  |

| {Lesson: How Your Girl or Boy is Changing} | | |
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| Script | On Slide Text | Animation Notes |
| Hello, it’s great to see you again on Crianza con Conciencia Positiva!  Today’s skill is about helping you support your girl’s or boy’s healthy development as they grow and change.   Girls and boys have different abilities at different stages of their development. It is important to be aware of their skills at this stage.  This helps you plan activities that match what they can do but also helps you have realistic goals for them.  Girls and boys at this stage will start to express themselves by wanting independence and trust.  Empiezan a tomar sus propias decisiones y puede que le contesten a las personas adultas para demostrar que conocen las respuestas correctas. Al mismo tiempo, comenzarán a mostrar sus emociones a su manera.  Aquí tienes tres estrategias para favorecer el desarrollo sano de tu niña o niño a esta edad:  buscar amistades,  [pausa]  apoyar su curiosidad,  [pausa]  y confiar en tu niña o niño.  ¿Quieres saber más? | Conocer los Cambios de Tu Niña o Niño  BUSCAR AMISTADES   APOYAR SU CURIOSIDAD   CONFIAR EN TU NIÑA O NIÑO |  |
| En primer lugar, ayúdale a buscar buenas amistades.  [pausa]  A tu niña o niño le va a empezar a interesar pasar tiempo con diferentes niñas y niños.  [pausa]  Invita a tu niña o niño a hacer amistades que compartan sus intereses y entable relaciones con más niñas y niños.  [pausa]  También ayúdale a aprender a compartir y jugar con otras personas de forma divertida y segura.  En segundo lugar, apoya su curiosidad.  [pausa]  Tu niña o niño empezará a interesarse por aprender cosas nuevas en la escuela y puede que ya tenga sus materias favoritas. Anímale a que te pregunte a ti o a la maestra o el maestro sobre cualquier contenido que considere complicado.  [pausa]  Puede que tu niña o niño empiece a expresar interés por temas religiosos o espirituales. Cuando esto ocurra, puedes darle respuestas breves pero sinceras.  [pausa]  Por último, confía en tu niña o niño.  [pausa]  Tu niña o niño puede empezar a tomar decisiones por su cuenta. Y va a querer que confíes en ella o en él. Presta atención a lo que quiere y luego establece reglas funcionales para la familia.  [pausa]  Por último, ¡asegúrate de halagar a tu niña o niño cuando siga las reglas! | BUSCAR AMISTADES   APOYAR LA CURIOSIDAD   CONFIAR EN TU NIÑA O NIÑO |  |
| ¡Tu niña o niño está cambiando y tú estás haciendo un gran trabajo ayudándole a crecer!  Tu Actividad para Casa consiste en completar la evaluación de desarrollo de tu niña o niño. To get started, type GROW. ¿Puedes completar la evaluación hoy? | How Your Girl or Boy is Changing  Actividad para Casa  Completa la evaluación del desarrollo de tu niña o niño  Type GROW to begin |  |

{Course: Manage my Girl’s or Boy’s Behaviour}

| {Lesson: Keeping it Positive} | | |
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| Script | On Slide Text | Animation Notes |
| Hello again, it’s great to have you here on Crianza con Conciencia Positiva!   La sesión de hoy trata sobre cómo ayudar a tu niña o niño a seguir instrucciones.  A la hora de dar instrucciones, hacerlo de forma efectiva, puede hacer que las cosas sean más tranquilas y pacíficas en casa.    Aquí tienes tres estrategias para saber cómo ayudar a tu niña o niño a seguir instrucciones con mayor frecuencia: | Keeping it Positive |  |
| To start off, be specific.  Puntualiza el comportamiento que quieres que tu niña o niño haga. Por ejemplo: "Por favor, pon la mochila en la silla cuando entres a la casa, Luis".  Recuerda usar el nombre de tu niña o niño para obtener su atención. Go down to their level. Get their eye contact.  [pausa] | BE SPECIFIC  ✅”Please put your backpack on the chair, Luis” | Animar palabras del texto. |
| Después, sé realista.  Asegúrate de que la instrucción es algo que tu niña o niño puede hacer. Da una instrucción a la vez. ¡Puede que a tu niña o niño le resulte difícil recordar tantas instrucciones juntas! Si es posible, dale un aviso de transición: "Dentro de 3 minutos, será la hora de acostarse y me regresarás el celular". Mantén la calma y recuerda que esperar la perfección aumenta el estrés para todas y todos. En lugar de eso, trata cada momento como una oportunidad para aprender y enseñar. | SER REALISTA  ✅"Dentro de 3 minutos, será la hora de acostarse y me regresarás el celular." | ^ |
| Lastly, be positive.  Usa palabras en positivo cuando des instrucciones. Por ejemplo, en vez de decir "No grites", di "Baja un poco la voz". Da las instrucciones con una voz firme y mantén la calma. Haz las cosas como si esperaras que tu niña o niño hiciera lo que le pides.  Recuerda: ¡halagar, halagar, halagar! Asegúrate de halagar a tu niña o niño inmediatamente después de que sigan tus instrucciones.  Si se te llega a olvidar, sé amable contigo. Aprender a dar instrucciones en positivo no es fácil, ¡pero funciona! | SER POSITIVO  ✅“Talk in a quiet voice” | ^ |
| En tu Actividad para Casa, intenta darle instrucciones específicas, realistas y positivas a tu niña o niño.  ¿Tienes tiempo para hacerlo hoy? | Keeping it Positive  Actividad para Casa:  Dale instrucciones específicas, realistas y positivas a tu niña o niño |  |

| {Lesson: Creating Family Rules} | | |
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| Script | On Slide Text | Animation Notes |
| Hello!  La sesión de habilidades de crianza para el día de hoy trata sobre establecer reglas y normas familiares con tus niñas y niños. Cuando establezcas reglas familiares con tus niñas y niños, recuerda estas cuatro estrategias:  SER UN EQUIPO  [pausa]  Mantenerlo Realista  [pausa]  SER CONSTANTES  [Pause]  Praise, Praise, Praise!  Let’s learn more! | Creating Family Rules   1. BE A TEAM 2. KEEP IT REAL 3. BE CONSISTENT 4. PRAISE, PRAISE, PRAISE |  |
| [1] First, Be a Team.  [pause]  Create rules with your girl or boy. You can write these down or use pictures when needed to help them understand. Make one rule at a time. Talk about the reasons for the rule. Listen to their view.  [Pause]  [2] Next, Keep it Real.  [pause]  Make rules realistic. Think about what your girl or boy can actually do? Be clear and specific about what you want them to do. Make sure the rule is fair. Explain the reason for the rule. | BE A TEAM  Create rules together  KEEP IT REAL  Keep your rules realistic, clear,specific, and fair | Animate words to text. |
| [3] Step 3 is to be consistent.  [pause]  Once you set a rule, stick to it. This means they are more likely to follow the rule. If the rule includes you, it is important that you stick to it, too.  [4] Finally, praise, praise, and praise. Praise your girl or boy for setting a family rule with you. Praise your girl or boy when they follow the rule, just like you do when they behave well! | SER CONSTANTE  Asegúrate de que tu niña o niño y tú siguen las reglas con regularidad.  HALAGAR, HALAGAR, HALAGAR  Halaga a tu niña o niño siempre que te des cuenta de que se apega a la regla | ^ |
| Recuerda:[pause]  [1] Ser un equipo y crear las reglas en conjunto.  [2] Mantener las reglas realistas y concisas.  [3] Apegarse a las reglas constantemente.  [4] Halagar a tu niña o niño con frecuencia. Reconócele cuando te ayude a establecer la regla y cuando la cumpla también.  Tu Actividad para Casa consiste en crear, al menos, una regla familiar con tu niña o niño. ¿Puedes hacerlo hoy? | Crear Reglas para la Familia   1. SER EQUIPO 2. MANTENERLO REALISTA 3. SER CONSTANTE 4. HALAGAR CON FRECUENCIA   ACTIVIDAD PARA CASA  Crear una regla familiar con tu niña o niño |  |

| {Lesson:Ignore Demanding Behaviours} | | |
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| Script | On Slide Text |  |
| Hello, we are glad to see you back on Crianza con Conciencia Positiva. Today, we will talk about what to do when girls and boys are seeking attention with demanding and disrupting behaviours    There are five steps to reduce negative, attention-seeking, and demanding behaviour, such as whining or throwing tantrums  Redirect,  [pause]  know what to ignore  [pause]  ignore the behaviour not your girl or boy,  [pause]  praise the positive,  [pause]  and be consistent.    Let’s learn more together. | Ignore Demanding Behaviours  REDIRECT  KNOW WHAT TO IGNORE  IGNORE THE BEHAVIOUR, NOT YOUR GIRL OR BOY  PRAISE THE POSITIVE  BE CONSISTENT |  |
| Firstly, redirect.    Be calm, quick, clear, and positive when redirecting their attention to a positive behaviour or activity. Remember to praise them for their positive behaviour!  Praise them for this positive behaviour!  You learnt about redirecting in the first course of Crianza con Conciencia Positiva | REDIRECT  Be calm, quick, clear, and positive |  |
| Secondly, know what to ignore.      Whining, demanding, showing off, tantrums, and other negative attention-seeking behaviours can be ignored. There are no bad girls and boys, only difficult behaviours!  [pause]  If we respond to disruptive behaviours, girls and boys learn that this behaviour will get them attention, so they will do it again. They might also learn that if they increase their demand, they will get their way.  [pause]  Some behaviours that should NOT be ignored are: hitting siblings, coming home late, or doing something dangerous. We will learn about how to manage these behaviours in the next module. | KNOW WHAT TO IGNORE   It is okay to ignore:  Whining  Demanding  Showing off  Tantrums  Other negative attention-seeking behaviours   You should NOT ignore:  Hitting siblings  Coming home late  Doing something dangerous | Animate words to text. |
| Next, ignore the behaviour, not the girl or boy    When you ignore your girl’s or boy’s behaviour (but not your girl or boy!), they learn that the demanding behaviour will not work.  [pause]  Ignoring behaviour means looking away and not talking or responding to them until they behave in a different way. You should still be aware of what your girl or boy is doing.  [pause]  This takes time and patience. Often, your girl or boy will behave worse in order to get attention. Take a pause, stay calm, and keep ignoring the behaviour.  [pause]  Find a calm moment to explain kindly to your girl or boy what behaviours you will ignore and how you will manage the situation. Ensure they understand that you are not ignoring them but the behaviour. | IGNORE THE BEHAVIOUR, NOT THE GIRL OR BOY  Your girl or boy will learn that demanding behaviour will not work |  |
| Fourth, praise the positive.    Praise your girl’s or boy’s next positive behaviour. Once your girl or boy has calmed down after showing demanding behaviour, they will need lots of love and attention on positive behaviour. You can talk later or the next day about the demanding behaviour. For now, involve your girl or boy in a positive activity. | PRAISE THE POSITIVE  Involve your girl or boy in a positive activity |  |
| Finally, be consistent    Even if your girl or boy behaves worse to get attention, it is important to continue ignoring the behaviour. Over time, your girl or boy will learn that this demanding behaviour does not work.  [pause]  If you feel it is necessary, take a pause from the situation and return.  [pause]  Spend lots of positive time with your girl or boy - especially right after a demanding behaviour. Positive one-on-one time is super important! | BE CONSISTENT  And spend positive one-on-one time |  |
| Your home activity is to find one positive thing your girl or boy does today and praise them for it. If your girl or boy shows any negative, attention-seeking behaviour, redirect and if they continue, try ignoring it. Remember to ignore the behaviour, not your girl or boy!    Can you find something to praise your girl or boy for today? | Ignore Demanding Behaviours  HOME ACTIVITY  Find one positive thing your girl or boy does today and praise them for it |  |

| {Lesson: Teach my Girl or Boy Consequences} | | |
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| Script | On Slide Text | Animation Notes |
| Welcome back to Crianza con Conciencia Positiva! In this lesson,you will learn what you can do when your girl or boy refuses to follow an instruction, forgets a family rule, or behaves in an aggressive or dangerous way.  Giving clear consequences teaches girls and boys responsibility for their actions more than hitting or shouting does.  Here are four simple steps for using consequences when your boy or girl behaves disruptively:  Be Calm [Pause]  Be Fair[pause]  Be Consistent, [Pause]  And Be Positive  Let’s learn more about these steps. | Teach my Girl or Boy Consequences  BE CALM  BE FAIR  BE CONSISTENT  BE POSITIVE |  |
| Firstly, be calm.  [Pause]  Shouting or hitting our girls and boys only makes things worse. It also teaches them that it is okay to treat others like this when they are upset.  [Pause]  Take some deep breaths, take a pause, or walk away if you need to.  [Pause]  Then, respond in a calm, clear way. | BE CALM  Shouting or hitting our girls and boys only makes things worse |  |
| Next, be fair.  [Pause]  Before giving a consequence, give your girl or boy the option to behave and time to do as you asked.  [Pause]  Give a consequence connected to the behaviour. For example, if they do not pick up their toys, they cannot play with them later or the next day.  {pause]  Make sure you can follow through with that consequence. For example, tell them they can’t play with their toys today, rather than for the whole week.  [pause]  Notice if your boy or girl is experiencing a natural consequence for their action already like they are cleaning up after making the table dirty. If so, you might not need to give them one other consequence. | BE FAIR  Before giving a consequence, give your girl or boy the option to behave and time to do as you asked |  |
| Thirdly, be consistent.  [Pause]  It is important to follow through with consequences for the rules you have set every time they do not follow them.  [Pause]  This helps your girl or boy to know what to expect, and makes it more likely that they will follow the rule.  [Pause]  Talk about the consequences for breaking household rules when you set them so that your girl or boy knows them and stick to them. | BE CONSISTENT  This helps your girl or boy know what to expect |  |
| Finally, be positive.  Praise your boy or girl every time they do actions you want to see more of. This makes them more likely to repeat this behaviour!  [pause]  See if you can avoid giving consequences at all by redirecting them to something else before they behave badly.  [pause]  Using consequences can be hard at first, but will get easier with practice!  [pause]  Consequences help our girls and boys learn that their actions affect others - and to think before they act. | BE POSITIVE  Praise your boy or girl every time they do actions you want to see more of. |  |
| When giving consequences remember:  Be calm,  Be fair,  Be consistent,  And Be positive.  Your home activity for this lesson is to praise your girl or boy for one thing you’d like them to keep doing. If your girl or boy refuses to follow instructions, you can use a fair consequence. Remember to give your girl or boy a choice to follow the instruction, before giving the consequence and respond in a calm way.  Can you praise your girl or boy for their positive behaviour today? | Teach my Girl or Boy Consequences  BE CALM  BE FAIR  BE CONSISTENT  BE POSITIVE  HOME ACTIVITY:  Praise your girl or boy for positive behaviour | Animate words to text. |

| {Lesson: Solve Problems with My Girl or Boy} | | |
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| Script | On Slide Text | Animation Notes |
| Hi there! It is great to see you again on Crianza con Conciencia Positiva! This lesson is about learning how to solve problems with your girl or boy.  Learning how to solve problems with your girl or boy can help you avoid having to use consequences.  As girls and boys get older, they will be able to work through their problems by themselves more often.  When something happens, take a deep breath then, help your girl or boy work on the problem with these four steps:  KNOW IT,  [pause]  SOLVE IT,  [pause]  TRY IT,  [pause]  and TEST IT.  Let's learn more about these steps. | Solve Problems with My Girl or Boy  KNOW IT  SOLVE IT  TRY IT  TEST IT | Animate words to text. |
| Step 1 is Know It.  Put the problem into words. Describe the problem as if you are explaining it to a stranger.  [Pause]  Talk to your girl or boy about what the problem is. Remember, your girl, boy or you are not the problem. Focus on the situation. | KNOW IT  Put the problem into words |  |
| Step 2 is to Solve It.  Together, think of possible solutions to this problem.  What could you or your girl or boy do differently in this situation in the future? | SOLVE IT  Together, think of possible solutions to this problem |  |
| Step 3 is to Try It.  Choose one solution together. Try it next time you're in a similar situation. | TRY IT  Choose one solution together to try next time. |  |
| Step 4 is to Test It.  Ask yourself, “Did it work?”  If yes, great! If not, talk to your girl or boy about trying another solution for next time. Use the 4 steps to find a new solution. | TEST IT  “Did it work?” |  |
| Remember, to solve problems with your girl or boy:  [1] Know the problem by putting it into words,  [2] think of solutions to the problem together,  [3] Choose one solution and try it next time.  [4] Test the solution. Did it work?  Your home activity is to talk with your girl or boy about the four steps to problem-solving by reviewing this module together. Knowing how to solve problems is something they can use for the rest of their lives!  Can you do it today? | Solve Problems with My Girl or Boy  KNOW IT  SOLVE IT  TRY IT  TEST IT  HOME ACTIVITY:  Talk with your girl or boy about the four steps to problem solving |  |

| {Lesson: Knowing Everyone’s Role} | | |
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| Script | On Slide Text | Animation Notes |
| Hello, we are glad to see you back on Crianza con Conciencia Positiva.  Caregivers, girls and boys have a role to play in the household. Your girl’s or boy’s role is to learn from their caregivers what to do and what not to do. As a caregiver, your role is to care for your girl or boy, keep them safe, and teach them how to behave in the world.  Let’s continue to learn more about the four tips to help you know what your role is as your girl’s or boy’s caregiver and to teach them their role, too. | Knowing Everyone’s Role |  |
| To kick things off, know your role  As a caregiver, your role is to make sure your girl or boy has enough healthy food,  [pause]  has the clothes they need,  [Pause]  stays safe from harm,  [Pause]  has opportunities to go to school,  [pause]  has medical attention when sick  [pause]  contributes to family needs, like doing chores,  [pause]  learns the traditions and values you wish them to have, such as honesty,  [pause]  has opportunities to express themselves,  [pause]  has opportunities to play,  [pause]  and feels loved and supported, no matter what. | KNOW YOUR ROLE  Make sure your girl or boy:   has enough healthy food,  has the clothes they need,  stays safe from harm,  has opportunities to go to school,  has medical attention when sick  contributes to family needs, like doing chores,  learns the traditions and values you wish them to have, such as honesty,  has opportunities to express themselves,  has opportunities to play, and  feels loved and supported, no matter what. | Animate words to text. |
| Secondly, teach.  Tell Your girl or boy what their role in the family is. This can include:  [pause]  doing age-appropriate chores, like putting their toys away, making their beds, and sorting laundry,  [pause]  cooperating when their caregivers ask something of them,  [pause]  being respectful to others in the family,  [pause]  going to school and doing their homework,  [pause]  and being part of family decisions. | TEACH  Tell your girl or boy what their role in the family is | Animate words to text. |
| Next, do as I do.  Your girl or boy will learn from your actions much more than from the words you tell them. They notice more than you might think! Treat your girl or boy and those around you in the way you would want them to act: with respect, kindness, patience, and love.  Shouting at or hitting your girl or boy will only teach them to hit others when they are upset. Talk to them calmly and set a clear consequence so they learn to be calm with themselves and with others. If you are feeling intense emotions, like feeling upset or stressed, take a pause to care for yourself and then talk with your girl or boy.  You can learn more about consequences in the course Manage My Girl’s or Boy’s Behaviour. | DO AS I DO  Your girl or boy will learn more from your actions than your words | Animate words to text. |
| Finally, notice.  Notice what your girl or boy enjoys doing and help them do more of it. If they feel as if their needs and interests are respected, they are more likely to do their chores in the home willingly!  Notice and praise them when they do the tasks that are their responsibility so they learn what is expected of them. This way, they are more likely to do it again. | NOTICE  Notice what your girl or boy enjoys, and praise them for doing their tasks | Animate words to text. |
| Your home activity is to talk to your girl or boy about one of their interests or something they love doing and show them you love and support them for their passion. This shows them they are a valued member of your home.  Do you have time to do it today? | Knowing Everyone’s Role  HOME ACTIVITY  Talk to your girl or boy about one of their interests or something they love doing and show them you love and support them for their passion |  |

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