# {Being a More Responsible and Involved Caregiver}

| {Lesson: Listen and Talking to Each Other} | | |
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| Script | On Slide Text | Animation Notes |
| Hi! It’s good to have you with us again on Crianza con Conciencia Positiva.  This course is about having a healthy relationship with your partner.  In today’s lesson, we are learning how to listen and talk with our partners in a positive way.  Listening and talking to those around us are key to a more peaceful home.  Let’s explore and learn together! | Listening and Talking to Each Other |  |
| Here are some tips on how you and your partner can listen and talk with each other in a supportive and loving way:  First, listen to your partner. Try to notice how your partner is feeling when they are talking to you.  Listen with an open mind and try not to judge them. Ask yourself, “What do they need?”  If you listen to your partner with an open mind, it will be easier to know how you can support them.  Next, share how you feel. It is okay to also share how you feel.  Sharing how we feel and talking about the difficulties we’re facing is a sign of strength and can make everyone in the family stronger!  By sharing emotions, you can better understand and support each other.  [pause]  Our third tip is to be kind to yourself and your partner. Remember that you are in this together. Being gentle and kind shows inner strength.  Physical touch like a hug or saying to yourself or your partner, “I care,” can make a difference.  [3] Third, be kind to yourself.  Starting something new can be difficult. Give yourself and others time to get used to it.  [pause]  [4] Finally, choose a time when you feel comfortable.  It’s okay if you don't always want to share your emotions.  You can choose to share how you’re feeling at a later time once you feel calmer. | LISTEN TO YOUR PARTNER  SHARE HOW YOU FEEL  BE KIND TO YOURSELF AND YOUR PARTNER  CHOOSE A TIME WHEN YOU FEEL COMFORTABLE | Animate words to text. |
| Today’s home activity is to try setting aside some time to talk to your partner about your feelings and any difficulties you’re facing. Do you have time to do it today? | Listening and Talking to Each Other  HOME ACTIVITY  Share your feelings and difficulties with your partner |  |

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| {Lesson: Making Decisions Together} | | |
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| Script | On Slide Text | Animation Notes |
| Hello, it is great to see you again on Crianza con Conciencia Positiva.  Today, we will talk about how you and your partner can make decisions together.  [pause]  When you make decisions together, you are making your relationship with your partner stronger by communicating better and showing respect to each other more. This also helps girls and boys feel safe and loved.  Let’s begin! | Making Decisions Together |  |
| Here are some steps that you and your partner can do to communicate better and make decisions as a team:  SHARE DECISION MAKING  [pause]  INVOLVE YOUR PARTNER  [pause]  TIMING MAKES A DIFFERENCE  [pause]  PRACTICE MAKES IMPROVEMENTS  [pause] | SHARE DECISION MAKING  INVOLVE YOUR PARTNER  TIMING MAKES A DIFFERENCE  PRACTICE MAKES IMPROVEMENTS |  |
| First, share decision making  Next time, before making a decision, talk with your partner as a team.  Ask your partner what they think, and share your thoughts too.  Consider the options you have and reach an agreement.    [pause]  Second, involve your partner.  It can sometimes be hard to remember to involve our partners in decision-making.  If you forget, talk about it with your partner and keep trying!  It is important that both participate and share the responsibility of the family. This shows that both of you care about each other and want to be involved together.  [pause] | ^ | Animate words to text. |
| Third, timing makes a difference.  If you have a decision to make, bring it up during a time when you and your partner are not too busy, such as early in the morning or later in the evening.  Find a moment in which both are calm and open to listening and talking.  If the conversation starts getting difficult, you can agree to take a pause and find another time to continue talking.  Remember to think about the different options you have and what is in the best interest of the family.  [pause]  Fourth, practice makes improvements.  It can take time to get used to making decisions together.  Give yourself time and keep trying!  It’s okay not to be perfect. Both of you might make mistakes, and that’s alright. Recognise the mistakes, and try again.  Remember that by communicating with your partner, you will both eventually start to feel more comfortable talking and sharing decisions.  [pause] | ^ | ^ |
| Your Home Activity now is to involve your partner in a decision you are making today. Can you do it? | Making Decisions Together  HOME ACTIVITY  Involve your partner in a decision you are making today |  |

| {Lesson: Being a Supportive Partner and Father} | | |
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| Script | On Slide Text | Animation Notes |
| Hello again, it’s great to have you here again on Crianza con Conciencia Positivat!  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 Father |  |
| [1] First, Pay Attention.  ry to be aware of how your partner is feeling and notice if they need support.  Give your partner your full attention when you are speaking with them.  [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 is to offer support.  It can sometimes be difficult to remember to ask your partner if they need help.  It can be as simple as asking, “How can I help?” Try to listen to them and respond in a supportive way.  [pause]  [4] Finally, ask for support.  It is also important to ask for support when you need it. Sometimes we expect our partners to know we need support even if we don’t ask them. When you need support, tell your partner how you feel and what worries you. This helps them understand what you need.  Once you start asking for support, they will likely start offering to help more in the future.  [pause]  Remember to thank your partner! | PAY ATTENTION  WORK TOGETHER  OFFER SUPPORT  ASK FOR SUPPORT | Animate words to text. |
| Your home activity is to notice when your partner needs support. Ask them what they need and be prepared to listen.Do you have time to do it today? | Being a Supportive Partner and Father  HOME ACTIVITY  Notice when your partner needs supportr |  |

| {Lesson: Role of Fathers in Caregiving} | | |
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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 you can be more involved in caregiving responsibilities.  Participating in caregiving responsibilities can improve your relationship with your girl or boy and make life less stressful for you and your partner. It can also make being a father more enjoyable for you!  Here are some simple ways you can be more involved in caregiving responsibilities: Create a Routine, talk about the workload with your partner and offer support  Time to get started! | Role of Fathers in Caregiving |  |
| [1] First we learn about creating a routine.  This can be hard to remember! Establishing a routine around caregiving or housework tasks can sometimes be helpful.  [pause]  Even five minutes per day with each child can make a difference.  [pause]  [2] Next, talk about the workload with your partner  Talking with your partner about how you can be more involved in caregiving responsibilities helps both of you understand each other better. It also shows that you care!  [pause]  [3] Finally, remember to offer support  It can be hard to remember to offer support. Be kind to yourself if you forget to ask and try again another time. Offering support to be more involved in caregiving responsibilities benefits the whole family! | CREATE A ROUTINE  TALK ABOUT THE WORKLOAD  OFFER SUPPORT | Animate words to text. |
| Your home activity is to discuss with your partner ways for you to be more involved in caregiving and household responsibilities! Do you have time to do it today? | Role of Fathers in Caregiving  HOME ACTIVITY  Discuss with your partner ways to be more involved in caregiving and household responsibilities |  |

| {Lesson: Resolving Conflicts Peacefully} | | |
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| Script | On Slide Text | Animation Notes |
| Welcome back to Crianza con Conciencia Positiva!  Today, we are learning how to resolve conflicts peacefully between you and your partner.  All adults have disagreements sometimes. Fighting is not an effective way to solve issues. Learning to respond in a calmer way when experiencing disagreements with your partner can help you create a more peaceful home.  Join me to learn more! | Resolving Conflicts Peacefully |  |
| Here are some tips you can try to resolve conflicts with your partner in a peaceful way.  [1] First, take a pause.  On the first day of Crianza con Conciencia+, you learned to close your eyes, breathe deeply, and take a pause.  Taking a pause before responding can help us stay calm and respond better a little later.  Take a moment to notice how you are feeling and what you are thinking.  When you feel yourself getting angry, try taking a pause. You can do this!  [pause]  [2] Second, share how you feel.  Share how you feel in a calm way. You can start by saying “I feel…”  Try to keep the focus on how you feel instead of what your partner is doing or saying.  Ask yourself what you need. Try to notice what your partner needs.  [pause]  [3] Finally, walk away if necessary.  Sometimes, others respond to us negatively when we’re having a disagreement.  In these situations, especially if you feel fearful or threatened, it may be best to walk away for a bit until everyone has calmed down. Remember, if you need help in a crisis, you can type HELP in Crianza con Conciencia Positiva to receive a list of community resources where you may find support. | TAKE A PAUSE or take a couple of deep breaths  SHARE HOW YOU FEEL in a calm way  WALK AWAY if necessary | Animate words to text.  Add animation of phone with HELP on it according to text. |
| Remember, if you need help in a crisis, you can type HELP in Crianza con Conciencia Positiva to receive a list of community resources where you may find support. | HELP | Add animation of phone with HELP on it |
| Today’s home activity is to practise taking a pause. Do you have time to do it today? | Resolving Conflicts Peacefully  TAKE A PAUSE  SHARE HOW YOU FEEL  WALK AWAY IF NECESSARY  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 breath, talking to your girl or boy about their feelings, 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 girl or boy 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.” it is important to accept what they say without judgment. | 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 their hair, dressing themselves or tying their 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! You can help them learn how to manage their emotions by naming them, describing how they feel in their body, and accepting them.  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.  They begin making their own choices, and they may answer back to adults to show that they know the correct answers. At the same time, they will show emotions in their own unique ways.  Here are 3 tips to support the healthy development of your girl or boy:  find friends,  [pause]  support curiosity,  [pause]  and trust your girl or boy.  Ready to learn more? | How Your Girl or Boy is Changing  FIND FRIENDS   SUPPORT CURIOSITY   TRUST YOUR GIRL OR BOY |  |
| Firstly, find friends.  [pause]  Your girl or boy will be interested in spending time with other girls and boys.  [pause]  Support your girl or boy to make friends based on their interests so that they develop relationships with other girls and boys.  [pause]  Also, help them learn how to share and play with others in a safe and fun way.  Secondly, support curiosity.  [pause]  Your girl or boy will be interested in learning at school and may have favourite subjects. Encourage them to ask you or the teacher about any difficult content.  [Pause]  Your girl or boy may begin expressing interest in religious matters or spirituality. When this happens, you can give them short but honest answers or look for answers if you do not know.  [pause]  Finally, trust your girl or boy.  [pause]  Your girl or boy may begin making decisions by themselves. They will want you to trust them. Listen to what your girl or boy wants and then set rules that work for the family.  [Pause]  Finally, be sure to praise Your girl or boy when they follow the rules! | FIND FRIENDS   SUPPORT CURIOSITY   TRUST YOUR GIRL OR BOY |  |
| 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 Girl or Boy is Changing  HOME ACTIVITY  Complete your girl’s or boy’s development assessment  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!   Today’s lesson is all about how to help your girl or boy follow instructions.  Being more effective about how we give instructions can make things more peaceful and calm at home.    Here are three tips on how to help your girl or boy follow instructions more often: | Keeping it Positive |  |
| To start off, be specific.  Say the behaviour you want your girl or boy to do. For example: “Please put your backpack on the chair when you enter the house, Luis.”  Remember, use your girl’s or boy’s name to get their attention. Go down to their level. Get their eye contact.  [Pause] | BE SPECIFIC  ✅”Please put your backpack on the chair, Luis” | Animate words to text. |
| Next, be realistic.  Make sure that the instruction is something that your girl or boy can do. Give one instruction at a time. It can be difficult for your girl or boy to remember many instructions! If possible, give a transition warning to prepare your girl or boy for the end of an activity: “In 3 minutes, it will be bedtime and you will give the cell phone back to me.” Stay calm and remember that expecting perfection adds extra stress for everyone. Instead, treat each moment as an opportunity to learn and teach. | BE REALISTIC  ✅“In 3 minutes, it will be bedtime and you will give the cell phone back to me” | ^ |
| Lastly, be positive.  Use positive words when giving instructions. For example, instead of saying “Don’t shout,” say “Talk in a quiet voice.” Give instructions in a firm voice and stay calm. Behave as if you expect your girl or boy to do what you ask.  Remember to praise, praise,and praise! Make sure you praise your girl or boy immediately when they follow your instructions.  Also, be kind to yourself if you forget sometimes. Learning how to give positive instructions is not easy, but it works! | BE POSITIVE  ✅“Talk in a quiet voice” | ^ |
| For your home activity, try to give specific, realistic, and positive instructions to your girl or boy.  Do you have time to do this today? | Keeping it Positive  HOME ACTIVITY  Give specific, realistic, and positive instructions to your girl or boy |  |

| {Lesson: Creating Family Rules} | | |
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| Script | On Slide Text | Animation Notes |
| Hello!  Today’s parenting lesson is about creating family rules and guidelines with your girls and boys. When you are making family rules with your girls and boys, remember these four tips:  Be a Team  [pause]  Keep it Real  [pause]  Be Consistent  [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 and the positive consequences of following 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! | BE CONSISTENT  Make sure you and your girl or boy follow the rules consistently  PRAISE, PRAISE, PRAISE  Praise your girl or boy whenever you notice they are following the rule | ^ |
| Remember:[pause]  [1] Be a team and create the rules together.  [2] Keep the rules reasonable and concise.  [3] Apply the rules consistently.  [4] Praise your girl or boy often. Give them praise for helping you make the rule and when they follow it.  Your home activity is to create at least one family rule with your girl or boy. Can you do it today? | Create Family Rules   1. BE A TEAM 2. KEEP IT REAL 3. BE CONSISTENT 4. PRAISE OFTEN   HOME ACTIVITY  Create at least one family rule with your girl or boy |  |

| {Lesson:Managing Demanding Behaviours} | | |
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| Script | On Slide Text |  |
| Hello, we are glad to see you back on Crianza con Conciencia Positiva. This lesson is about what to do when girls and boys are seeking negative attention with demanding and disrupting behaviours.    There are five steps that you can use when your girl or boy is 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. | Managing Demanding Behaviours  REDIRECT  STAY CALM  OBSERVE  NURTURE  BE CONSISTENT |  |
| Firstly, redirect.    Try to redirect your girl’s or boy’s 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 your girl’s or boy’s attention to a positive activity |  |
| Secondly, stay calm!      Take a Pause. Even a few deep breaths can make a difference. It will help you stay calm and be able to see clearly what your girl or boy needs.  It is very tempting and, let's be honest, easy to reduce your reaction to your girl’s or boy’s level by shouting, especially when the tantrum doesn’t stop, or you’re tired and your patience is running out.  Try to have a plan prepared for helping yourself in situations when you feel like you might explode and yell.  Stay near your girl or boy and be a reassuring presence. your girl or boy will also become calmer if you remain calm. It may not be easy to do, but it works! | STAY CALM   Take a Pause to keep calm.  Stay near your girl or boy to reassure them and help them calm down | Animate words to text. |
| Next, observe your girl or boy.    Ask yourself, “What does my girl or boy really need at this moment? Are they tired, stressed, afraid?”  Most of the time, your girl or boy may be needing attention or love.  You can give them this without giving into their demands if they are whining for something they cannot have. | OBSERVE  Ask yourself what your girl or boy needs in the moment |  |
| Fourth, nurture.    Once your girl or boy has calmed down after a tantrum, they will need lots of love and positive attention. You can talk later or the next day about what happened. For now, involve your girl or boy in a positive activity. | NURTURE  Once they are calm, give your girl or boy lots of love and positive attention  Involve your girl or boy in a positive activity |  |
| Finally, be consistent    Even if your girl or boy behaves worse at first when you do not give in to them, it is important to continue staying calm without getting into an argument or shouting at your girl or boy.  You can calmly explain the reason why your girl or boy cannot have something, but do it only once without engaging in a debate or argument.  Over time, your girl or boy will learn how to become calm by themselves.    [pause]  Spend lots of positive time with your girl or boy - especially positive one-on-one time. It 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 starts whining about something or having a tantrum, try to use the tips from this lesson to redirect, stay calm, observe, and nurture. It may not be easy to do at first, but you can do it!    Can you find something to praise your girl or boy for today? | Managing 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]  Every child should have a right to a life free from any form of violence.  Shouting or hitting our girls and boys also teaches them that it is okay to use violence 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  Every child has a right to a life free from any form of violence.  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.  {pause]  Make sure you can follow through with that consequence. For example, tell them they can’t play with their toys today or for the next hour, rather than for the whole week.  [pause]  Notice if there is a natural consequence for their action already. This could be having to clean up the room after making a mess.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 responsibility for their actions - 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 or forgets a household rule, you can use a consequence that is connected to the behaviour. Remember it is important to be fair, consistent, and calm when you give a consequence.  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: Solving 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. | Solving 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? | Solving 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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