



Accelerating programs. Accelerating outcomes.

Course Descriptions

Purpose of Content:

The overall goal of these courses is to provide parents and caregivers of children ages 0-5 with positive parenting tools to promote safe, stable, nurturing relationships and environments (SSNREs) that enhance healthy development in children and prevent the onset of toxic stress response. These courses (Be Calm, Be Nurturing, Be There, Be Steady) align with First 5 California's Stronger Starts campaign that aims to prevent toxic stress in children.

Because many caregivers focus on addressing challenging behaviors in their children, these courses acknowledge common difficulties of parenting a young child and provide them with the tools they need at home. Courses teach caregivers to recognize physical signs of a stress response, along with strategies for self-care and self-regulation to start the process of healing from the effects of toxic stress as a result of ACEs and other early adversities.

Structure of Content:

- Parents and caregivers choose courses that appeal to their parenting goals
- Parents and caregivers may take courses in any order
- Courses run between 30–45 minutes (on average for most learners)
- Courses are interactive, with audio, images, and questions for reflection and/or practice of key concepts
- All courses are available in English, Spanish, and for intermediate English Language Learners (“English for Parenting Tools”)

Course 1: Overview of Parenting Tools

Learn four quick positive parenting tools to incorporate today: taking a pause, call and response, special time, and the benefits of routine. These tools are expanded upon in more detail in the following courses.



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Course 2: Keeping Calm in Challenging Situations (Be Calm)

All families experience hard times. The ability to respond to stressful situations, or “regulate emotions,” is a skill that a child learns, and a caregiver teaches and models. Learning to regulate emotions helps parents deal with the daily challenges of parenting, and helps a child learn to stay calm, and manage stress as they grow, which has lifelong impacts on health. Continue adding to your caregiving toolkit by learning to regulate, calming, and self-care techniques. Tools/resources include: recognizing the physical signs of a stress response, such as an elevated heart rate, shallow breathing, and muscle tension, and the reasons stress responses happen; and learning various self-regulation tools to manage stress responses.

Course 3: Strengthening Bonds with Your Child (Be Nurturing)

Giving a child love and attention brings joy, healing, and health to both the caregiver and the child. Consistent connection also has benefits for a baby and a young child’s brain growth and development. Continue adding to your caregiving toolkit by reflecting on different ways to connect; recognizing signals (“calls”) a child sends for connection; reflecting on the benefits and challenges of connecting with a busy lifestyle; and identifying more opportunities to connect with your child.

Course 4: Building Your Community (Be There)

Human connection is essential for the support and mental health of children and adults. Continue adding to your caregiving toolkit by identifying who your community is; reflecting on opportunities to use services and community organizations that meet your family’s needs; and learning strategies to build communities of childcare providers to expand community support.

Course 5: Teaching Your Child Problem Solving Skills (Be Steady)

Young children are learning, and behavioral skills need to be taught. As caregivers, we support a child’s growth and help teach children resilience to solve problems and face life’s challenges. Continue adding to your caregiving toolkit by learning to teach resilience to cope with challenges that may arise in your child’s life. Tools/resources include self-regulating techniques for parents and children; strategies for teaching a child about emotions; ideas for addressing behaviors when things get tough; reflecting on ways to practice new skills successfully; and examples of ways to praise and celebrate a child’s positive behavior and effort.



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Course 6: Managing Power Struggles (Be Steady)

Defiance is a natural part of your child's development, and it can be stressful for both caregivers and children. Learn to hold boundaries without engaging in arguments, threats, or punishment. Continue adding to your caregiving toolkit by learning to diffuse and avoid power struggles. Tools include: noticing signs of a stress response and using automated techniques to get to a calm space; noticing moments of challenge and using strategies for easing transitions in those moments; examples of how to provide simple and clear instructions to a young child; and reflecting on ways to incorporate more routine and consistency into a busy schedule and the benefit that can have on the entire family.