

# Resources to Share with Families

TACSEI [www.challengingbehavior.org](http://www.challengingbehavior.org)



## [Positive Solutions for Families](#)

This four-page brochure provides parents with eight practical tips they can use when their young children exhibit challenging behavior. Each tip includes a brief explanation and an example to show parents how they might use the specific approach with their own family in everyday life. This product is also available in Spanish.

## **Making Life Easier Series**

TACSEI [http://www.challengingbehavior.org/do/resources/making\\_life\\_easier.html](http://www.challengingbehavior.org/do/resources/making_life_easier.html)

TACSEI's "Making Life Easier" series is designed specifically for parents and caregivers. This series of tip sheets contains valuable information on how to make often challenging events easier to navigate, and even enjoyable, for both caregivers and children.



## [Making Life Easier: Bedtime and Naptime](#)

Many families find bedtime and naptime to be a challenge for them and their children. Sleep problems can make infants and young children moody, short tempered and unable to engage well in interactions with others. Sleep problems can also impact learning. Parents also need to feel rested in order to be nurturing and responsive to their growing and active young children. This first installment of the **Making Life Easier** series provides a few proven tips for making bedtimes and naptimes easier for both parents and children. Also includes a handy tip card for quick reference. (November, 2010).



## [Making Life Easier: Running Errands](#)

Running errands (e.g., going to the store, bank, etc.) is one of those essential household routines that all families experience. It is often thought of as a "maintenance" activity that is necessary for the family, but not enjoyable for young children. While there can be huge benefits in taking your young child along, running

errands can be extremely difficult if the child has challenging behavior. Still, there are several steps you can take to help you and your child get the most out of these outings. Also includes a handy tip card for quick reference. (November, 2010).



### **Making Life Easier: Diapering**

For many families, changing a child's diaper can be a major battle. This routine is usually not as predictable as other activities, is often unpleasant for adults and not an event that the young child enjoys. While it can be challenging, it is also an opportunity to build a positive, nurturing and responsive relationship with your child. This installment of the Making Life Easier series provides several proven strategies to help make diapering a positive and relationship building experience for you both. Also includes a handy tip card for quick reference. (November, 2010).

## **Resources: Family Tools**

**CSEFEL**      <http://csefel.vanderbilt.edu/resources/family.html>

To find the Parent Training “Positive Solutions for Families” Click here to go to the [Parent Training Modules](#)



**Teaching Your Child To: Identify and Express Emotions**  
(4 pages) [PDF](#)



**Teaching Your Child To: Cooperate with Requests**  
(4 pages) [PDF](#)



**Make the Most of Playtime**  
(6 pages) [PDF](#)



**Responding to Your Child's Bite**  
(4 pages) [PDF](#)



**Teaching Your Child About Feelings**  
(5 pages) [PDF](#)



**Understanding Your Child's Behavior: Reading Your Child's Cues from Birth to Age 2**  
(5 pages) [PDF](#)



**Teaching Your Child to Become Independent with Daily Routines**  
(5 pages) [PDF](#)

## Family Support and Parenting Websites

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- [Beach Center on Disability](#)
- [iVillage's Parent Soup](#)
- [U.S. Department of Education/Office of Educational Research and Improvement/Office of Educational Technology](#)
- [Johnson & Johnson Pediatric Institute](#)
- [Parent Center](#)
- [Parent Advocacy Coalition for Educational Rights \(PACER\)](#)
- [The Center for Children & Families \(CC&F\) at Education Development Center, Inc.](#)