



Parenting & Child Development

It is essential that parents and caregivers in our community have a strong knowledge of child development and parenting techniques. By having a solid understanding of children's developmental milestones and what to expect at each stage, parents and caregivers are better equipped to identify potential delays or concerns and seek appropriate support. Additionally, being aware of effective communication strategies, positive discipline approaches, and ways to promote a child's social-emotional development contributes to a healthy and secure family dynamic.



Through education and ongoing growth, caregivers have the power to create a strong foundation that supports child well-being and future success. Children who grow up in a home with caregivers who utilize age-appropriate discipline strategies and understand child development are more likely to experience appropriate limits, consistent expectations, and the opportunity to develop independence. The following actions and steps can help parents to increase these protective factors:

- · Daily routines,
- Proper nutrition,
- · Creating stimulating experiences,
- Ensuring a proper sleep schedule,
- Being emotionally available, Consistency in responding to a child's needs,
- Offering affectionate interactions

Parents and caregivers will learn along the way that not all children are the same and that parenting techniques and style need to be adjusted based on each child's temperament and unique circumstances. While caregivers learn through everyday actions, many benefit from additional support- be it a family member, book, class, or a family support program.

Experts have written several books on parenting and child development that can be purchased or checked out at the local library. There are several local and virtual parenting classes in our area, as well as numerous Family Support Programs. We suggest reaching out to the Child & Family Resource Network of Southwest Iowa at 712-355-2615 to learn what is available.

To build a resilient community, we need to support families in strengthening their protective factors, including parental and caregiver knowledge of parenting for child and youth development.

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5 things to Know about Parents' Knowledge of Parenting and Early Childhood Development

Child Trends

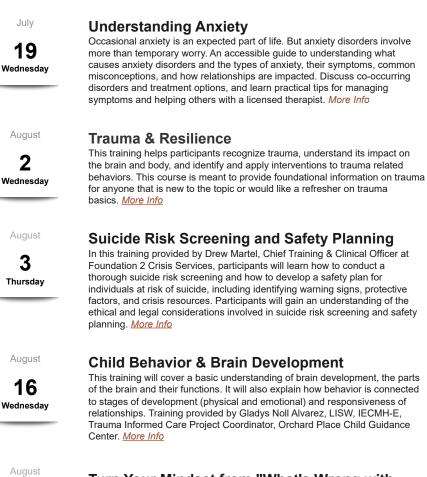
Research demonstrates a strong link between what parents know about parenting and child development and how they behave with their children. Parents with more knowledge are more likely to engage in positive parenting practices, whereas those with limited knowledge are at greater risk of negative parenting behaviors. Consequently, many parenting programs and services for families with infants and toddlers aim to improve parents' knowledge of child development and healthy caregiving practices.

-Read More at Child Trends-

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Professional Development & Training Opportunities

Upcoming learning opportunities offered by our partners



Turn Your Mindset from "What's Wrong with You?" to "What's Happened to You?"

Join a virtual one-day training on identifying and responding to trauma with evidence-based resilience strategies. More Info



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Monday

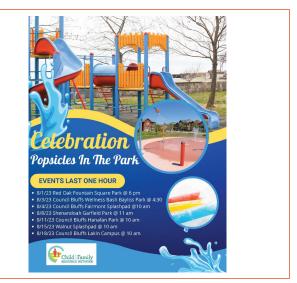
Crisis, Coping, and Caring

MSW, CSW and Allen Ladd, MSW, PLMHP More Info

On Demand Learners will discover methods of crisis intervention and de-escalation techniques to keep safe, applying coping skills to process difficult outcomes, and practicing self-care with gratitude, not guilt. Speakers: Melissa Inzauro,

Child & Family Resource Network Celebrates 10 Years

The Child and Family Resource Network of Southwest Iowa will be celebrating 10 years in August! What better way to celebrate than with popsicles in the park! Join us at one of these celebrations in the month of August!



Program Spotlight: 24/7 Dad Program through Children & Families of Iowa

Utilizing the 24/7 Dads curriculum from the National Fatherhood Initiative, the men at the



Learn more about local 24/7 Dads on Facebook or Contact Bradley Pothoven for more information: 641-455-4359 or Bradleyp@cfiowa.org. Clarinda Correctional Facility engage in a 12week education group that supports coparenting, men's health, appropriate discipline, healthy communication, and better ways to engage with children. This evidence-based curriculum trains fathers to be involved, responsible, and committed 24 hours a day, 7 days a week.

Empowering a caring community that promises the well-being of every child.

