



Below is a list of Ready Rosie videos with a description of each video. The videos provided below can be used to help parents with their child's safety and well-being.

- **What can a family do if their child has experienced a traumatic event?**

After a traumatic event, children may experience a change in how they view their world. It is important to help them reestablish a sense of safety and security. Talk together about what happened in simple language your child can understand. Reassure children that the adults in their lives are there to help them feel safe. Take care to get the support you need as well so that you can be there for your child.

[What can a family do if their child has experienced a traumatic event? | ReadyRosie](#)

- **Behavior is a form of communication**

Your child uses his behavior to communicate with you. The way children communicate looks different at different ages. It's important to listen to what they're trying to say with their words, gestures, or their body. If we stop paying attention to what they're communicating, we can miss the opportunity to understand what is going on and to help them learn how to manage their emotions.

Learning Outcomes: Discipline, Responsive Parenting, Challenging Behaviors, Family Health and Well-Being, Listening and Speaking, Emotional and Behavioral Self-Regulation

[Behavior is a form of communication | ReadyRosie](#)

- **How should I handle temper tantrums?**

If your child is having a temper tantrum, they might be crying, screaming, and unable to speak. It's important to calm yourself and take a deep breath before you respond. Take another breath and tell them, "You seem angry, you were hoping ____" and then fill in the blank. Give your child sometime after to calm down. If he can't, pick him up, and hold him close.

Learning Outcomes: Discipline, Responsive Parenting, Challenging Behaviors, Emotional and Behavioral Self-Regulation, Self-Management

[How should I handle temper tantrums? | ReadyRosie](#)

- **How do I get my child to _____?**

One of the most common questions Dr. Bailey is asked by parents starts like this, "How do I get my child to do ____." If we ask ourselves "how do I get" or "how do I make" we're thinking about how to force a child to do something. Instead, we can change the question to ask, "How do I help my child be more successful at _____?"

Learning Outcomes: Discipline, Responsive Parenting, Challenging Behaviors, Emotional and Behavioral Self-Regulation

[How do I get my child to _____? | ReadyRosie](#)

- **Talking about your feelings**

Drawing a picture first can be a good way for a child to begin to identify and reflect on her feelings. Prompt your child to talk about those feelings by asking questions such as: I notice you look angry in that picture. Why were you angry? Can you tell me about it? How did that make you feel? What did you do when you felt that way? Did that make you feel better?

Why It's Important

It's important that children learn that it's okay to have feelings. Anger, sadness, and frustration are emotions that everyone has sometimes. What matters most is how we choose to deal with those feelings. Helping your child learn to acknowledge a feeling is the first step to learning how to manage it.

Not Ready Yet

Sometimes it's hard to put how we feel into words. After your child describes what happened, tell your child how you might feel in that situation. For example, you might say, "That would really hurt my feelings if someone did that to me. I would feel sad. Did that make you feel sad?"

Need a Challenge

Talking about your own feelings might be simple, but considering the feelings of others can be more difficult. Ask your child to tell you how the other children involved might have been feeling.

Learning Outcomes: Self-Management, Relationship Skills, Emotional and Behavioral Self-Regulation, Drawing and Pre-Writing, Responsible Decision Making, Health, Safety, & Nutrition

[Talking About Your Feelings | ReadyRosie](#)

- **Family Sunshine Message Board**

Create a special place in your home to share positive message with a Family Sunshine Message Board. Invite your child to write or draw about the people they love and post it on your Family Sunshine Message Board. They can update the board whenever they want to celebrate their loved ones' kindness!

Why It's Important

Taking time to think about the people we love can help your child recognize, celebrate and demonstrate kindness by talking about what it looks and feels like! Recognizing kindness in others helps build empathy, loving relationships, and friendships.

Not Ready Yet

Point out acts of caring and kindness throughout the day. Talk about your child's feelings when somebody shows them kindness and encourage them to make a drawing to add to the board.

Need a Challenge

Encourage your child to lead a regular discussion about the family's messages. Decide on a day of the week to review the messages and celebrate your family's kindness. Invite your child to add captions to their drawings.

Learning Outcomes: Social Awareness, Relationship Skills, Emotional and Behavioral Self-Regulation

[Family Sunshine Message Board | ReadyRosie](#)

- **You are your child's "First Teacher"**

You are your child's first and most important teacher. Singing, talking, and playing with your child helps to develop a love for language and a strong bond with you. When children feel loved and cared for they are more ready to be successful learners.

Learning Outcomes: Responsive Parenting, Social Emotional, Family Health and Well-Being, School & Family Partnerships, Relationship Skills

[You Are Your Child's "First Teacher" | ReadyRosie](#)

- **How can I get my child to behave better?**

Sometimes we might think that if a child feels bad about something they did, that they'll do it differently next time. Punishing children doesn't help them know what to do. Instead, we can help children by modeling for them what we'd like them to do. We can help them practice and give them skills so they can do things differently the next time they face conflict or frustration.

Learning Outcomes: Responsive Parenting, Challenging Behaviors

[How can I get my child to behave better? | ReadyRosie](#)

- **How can I get my child to listen to me?**

Your child will be more likely to listen to you when you walk over to them, get their attention, and make eye contact before giving a command. Use an assertive voice to say what to do rather than what not to do. Remember that young children process information twelve times slower than adults. Be patient and be clear! You've got this!

Learning Outcomes: Discipline, Responsive Parenting, Challenging Behaviors, Relationship Skills, Listening and Speaking

[How can I get my child to listen to me? | ReadyRosie](#)

- **How can I stop my kids from fighting?**

Children are going to fight and tease one another. Use conflict to teach the life skill of using words to communicate how they feel and what they need.

Learning Outcomes: Discipline, Responsive Parenting, Challenging Behaviors, Relationship Skills, Responsible Decision Making

[How can I stop my kids from fighting? | ReadyRosie](#)

- **How can I help my child with separation?**

If your child has trouble separating from you when dropped off at school or childcare, make the routine very predictable. Take pictures of the steps and turn those into a book or a sequence on your phone. Review those steps every day so your child is familiar with the process. Include a special ritual at the end of your routine that reminds your child that they are loved and safe as you leave them with the teacher.

Learning Outcomes: Responsive Parenting, Family Health and Well-Being, School & Family Partnerships, Self-Management

[How can I help my child with separation? | ReadyRosie](#)

- **How do routines help to create a more peaceful home?**

Routines are important for children and also for adults. They help us feel safe, secure, and prepare us for what is coming next. When a crisis disrupts our routine, it is good to talk about how that makes us feel. We can think about when and how we will eventually get back to that routine. We can talk about when and how we will get to our routine. However, maybe we won't be able to get back to that same routine. If so, let's talk about a new routine that we can establish that will help everyone to feel better.

Learning Outcomes: Family Routines, Family Health and Well-Being

[How do routines help to create a more peaceful home? | ReadyRosie](#)

- **Taking a Breath**

Talk with your child about how taking a few deep breaths can help their bodies relax and feel calmer. "Sometimes you may feel sad, frustrated, or angry. Can you think of a time that something happened that made you feel very upset? It can be scary to feel that way. When that happens, it's good to know how to help yourself feel calm. One way that you can do that is to take a few deep breaths." Practice taking a few deep breaths together, giving the directives "breathe in" and "breathe out." Ask your child to notice and share if they feel more relaxed and calmer after taking a few breaths.

Why It's Important

It is important to give children options of which strategy to use to help them manage their feelings. Taking a breath will be effective in helping some children relax their bodies during times when they are feeling frustrated, upset, or angry, while other children may prefer to use another strategy such as having some alone time or counting to five. Encourage children to try different strategies and find out what works best for them.

Not Ready Yet

Notice when your child is experiencing strong emotions. Sit with them and offer comfort and reassurance until they are calmer.

Need a Challenge

Talk with your child about what strategies he or she likes to use to help calm down. When experiencing strong emotions, remind your child of these strategies. Once calm, reflect on the situation together and discuss how taking a breath or another strategy helped with calming down.

Learning Outcomes: Emotional and Behavioral Self-Regulation

[Taking a Breath | ReadyRosie](#)