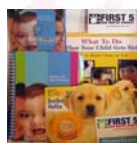


Building a Foundation- You are the Most Fascinating Person in the World

A Kit for New Parents Workshop

Kit for New Parents



- Advice for New Parents DVD
- Advice for New Parents Companion booklet
- What to Do When Your Child Gets Sick book
- Happy Baby children's book
- Brochures and information on child health and other topics

2

Kit for New Parents Workshops

Topics include:

1. **Building a Foundation - You are the Most Fascinating Person in the World**
2. Play to Grow - Following Your Child's Lead
3. Avoiding Power Struggles - Promoting Positive Behavior
4. Positive Discipline - Managing Challenging Behavior with Love
5. Healthy Children, Healthy Families - Caring for Your Child and Yourself

3

What's Happening Today?

- Meet each other
- Goals and ground rules
- Learn a little about brain development and your role in children's brain development
- Discuss family traditions and culture
- Home activities

4

Relationship Activity

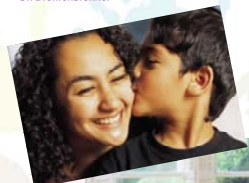
1. Think of someone who was really special to you when you were growing up.
2. What made you think of this person?
3. What did they do that made them important or special to you? Think of some specific memories.
4. Share.



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"Every child needs one person who is crazy about him."

Urie Bronfenbrenner



From CSEFEL Positive Solutions for Families

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Children learn and grow through relationship and play

The more responsive, loving attention children receive from caregivers....

.....the more kind and compassionate they will be

.....and the more they will enjoy their lives, and the better they will do at work and school.



7

The Brain Develops in Response to the Environment

Healthy Brain

Abused Brain

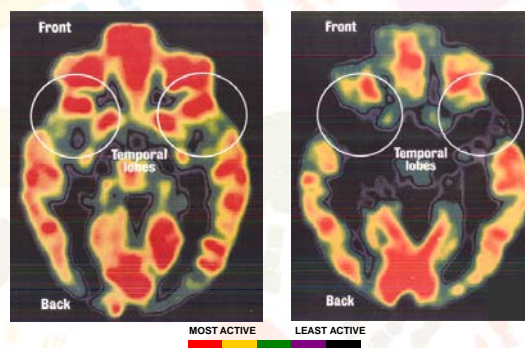


Image used with permission from Chugani HT, Rechen ME, Mark O, Nagy E, Juhász C, Chugani DG: Local brain functional activity following early social deprivation: A study of post-institutionalized Romanian orphans. NeuroImage 14:1290-1301, 2001.

Handing Down Family Treasures

What did your grandparents do that you want your child to know about?

What are the most important cultural traditions of your family?



9

Filling Your Treasure Chests



10

Things to Try at Home

- Spend time with your child (use the Filling Your Treasure Chest Worksheet)
- Read "Tips for Spending Time with Your Child"
- Read "What is So Important about Play?"

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