

Positive Parenting Toolkit (Ages 2-5)

Growing Minds.
Helping families with children's mental health.



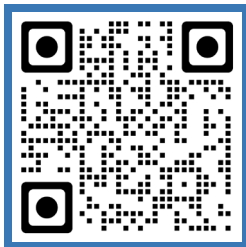
Arkansas
BlueCross BlueShield

An Independent Licensee of the Blue Cross and Blue Shield Association

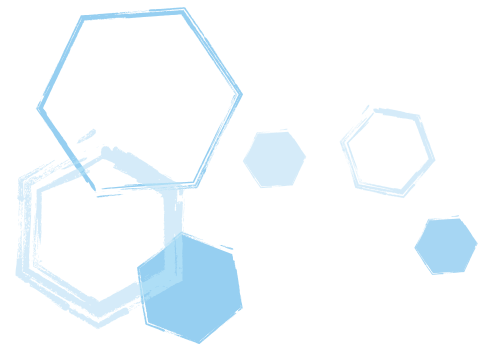
Raising a child takes a village, and you are not alone.
There are resources available.



If you are an Arkansas Blue Cross and Blue Shield member, scan code to view benefits and programs on your health plan with Blueprint Portal at blueprintportal.com.



At Arkansas Blue Cross, we have created a website with self-guided help and resources. For more information, visit mymindhelp.com.



Parenting can be rewarding but challenging.

The Arkansas Blue Cross and Blue Shield Behavioral Health Team has curated the Positive Parenting Toolkit to help you support your child's healthy development, use positive parenting practices, practice self-care techniques and encourage positive childhood experiences. In these materials you will find:

- Activities you can do with your child at home
- Self-care tips and strategies for parents and caregivers
- Information specific to your child's age and developmental stage
- Mental and behavioral health information and resources
- Information to help with the use of your health insurance

Positive parenting begins with four key elements:

1. **Safety**
2. **Relationships**
3. **Community**
4. **Parental Well-being**



Safety

Create a safe environment for young children. Establishing boundaries early provides a sense of security, and helps children feel calm and confident as they explore the world around them.

Questions to consider:

- Do your cabinets have safety latches? Are your smoke/carbon monoxide detectors working properly?
- Are you promoting outside play with your child and encouraging them to explore their surroundings?
- How do you approach screen time to support your child's healthy development?

How can parents help?

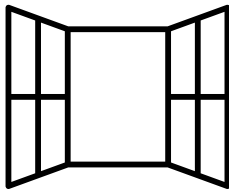
Create YouTube boundaries (Ages 4-5)

1. Special YouTube time. Choose specific times to watch YouTube, so it can be a special treat.
2. Watch together. Pick videos as a family. Choose videos about animals, outer space, or your child's favorite cartoon are a few ideas, but be sure to watch them together.
3. Make simple rules.
 - No autoplay. Have your child ask before starting a new video.
 - Approve channels. Only watch approved channels.
 - Praise and check. Praise your child for following the rules and occasionally check what they've watched.
 - Create time limits. Switch to another activity after watching a few videos.
 - Discuss ads. Explain that ads try to sell things. Make it a game to spot them.

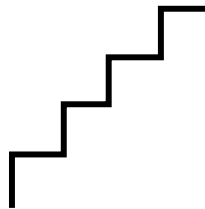
Home Safety Scavenger Hunt (Ages 2-5)

1. Walk around your home. Point out hazards.
2. Draw your own hazards in the empty boxes.
3. Explain how to stay safe with each of the items.

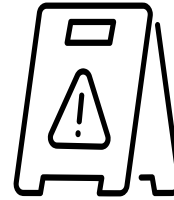
**BONUS
KID TIP:**
Have your
brother or sister
play with you!



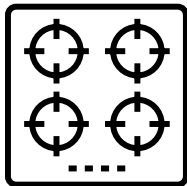
Open windows



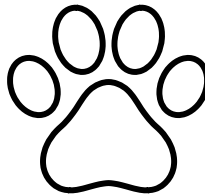
Stairs



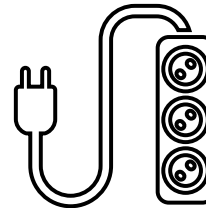
Slippery floors



Stovetops



Pets



Cords

Relationships

The relationship you have with your child will influence the relationships they develop with others as they grow and mature.

Questions to consider:

- Is your child showing enthusiasm for activities or games with you?
- Are you encouraging your child to express their emotions and share their feelings?
- Is your child comfortable exploring the world around them independently?

How can parents help?

Special time with your child (Ages 2-5)

1. Let your child lead. Follow their interests in play, and get down on their level.
2. Praise your child. Say things like, "I love how you're playing with _____."
3. Reflect your child. Repeat what they say to show you are listening.
4. Imitate what your child is doing, like stacking blocks.
5. Describe what your child is doing. "You're making a tall tower!"
6. Show enthusiasm. Smile, use happy words, and clap.

Maximize reading (Ages 2-5)

- Let your child pick the book. This shows them that their interests matter and keeps them engaged.
- Ask questions. Encourage your child to talk about the story. For example, “What do you think will happen next?”
- Practice social skills, like taking turns holding the book and turning pages.
- Make connections. Relate the story to their experiences. For example, “Remember when you saw that animal at the park?”

TIPS FOR SUCCESS:

- Read at the same time each day, at bedtime for example.
- Choose books about topics your child loves.
- See, touch and feel books are great for little ones. With raised textures, shiny mirrors, and finger trails these board books invite your child to touch and explore.



Scan code
for book
suggestions
or [click here](#).

Community

A young girl with dark hair, wearing a white short-sleeved shirt and a pink apron, is standing in a grassy field. She is blowing bubbles, and several colorful bubbles are visible around her. The background is a soft-focus green field. A large blue hexagonal graphic is overlaid on the left side of the page, containing the word 'Community' in white text.

Building community begins at home with teaching your child how to be a helper and when to ask for help. Being an example can promote positive experiences, help them with coping skills, and help them with their social and emotional skills.

Questions to consider:

- Does your child comfort others when they are sad or hurt?
- Does your child want to be a “helper” (imitative behavior)?
- Does your child follow social norms or “rules,” like taking turns or sharing?

How can parents help?

Teach how to be a helper (Ages 2-5)

1. Ask your child to help with a chore like laundry.
2. Demonstrate how the task is done, then let them help.
3. Give them simple, clear instructions:
 - “Find all the socks.”
 - “Match the socks by length.”
 - “Match the socks by color.”
4. Help your child when they need it. Let them know it is okay to ask for help.

Gratitude Jar (Ages 2-5)

Materials needed:

- Clear jar or container
- Small pieces of paper or sticky notes
- Crayons or markers
- Stickers for decorating (optional)



1. Decorate the jar with your child.
 - Let your child put stickers on it or glue other materials and color it to make it special.
2. Explain what it means to be grateful. Use simple language like, "When someone does something nice for you, you say thank you because you feel happy about what they did for you."
3. When you notice your child doing something kind or sharing a nice moment with a friend or family member, write it down together on a piece of paper. Something like, "Thank you for sharing your toy with your friend!"
4. Fill the jar together. Fold the paper and have your child drop it into the jar. Encourage your child to find moments to give thanks and appreciate others throughout the week.
5. Reflect weekly. Sit down as a family and take time to read the papers in the jar together. Read them out loud and talk about how those actions made everyone feel. Celebrate the kindness and friendships your child is building.

TIPS FOR SUCCESS:

- Use simple words and examples your child can easily understand.
- Be patient and consistent with the activity to help your child develop gratitude skills over time.
- Show your child how to find gratitude in different ways, like being grateful for the weather, "I'm so happy it's sunny outside, now we get to go to the playground."

Parental Well-being



Your health and wellness is just as important as your child's.

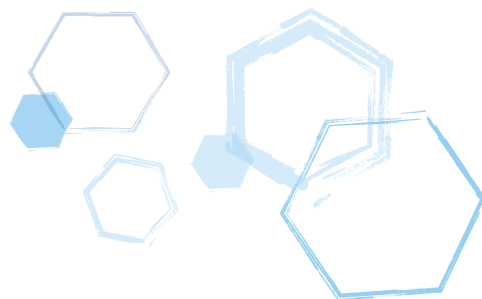
It is important for you to take time for yourself to be an effective parent. Taking time for yourself or using self-care techniques is not selfish. A healthy you is a better parent for your child.

Questions to consider:

- Are you finding ways to manage feelings of worry, sadness or emotional ups and downs?
- Are you able to maintain interest in daily activities like eating, bathing, and caring for yourself and your child?

If you find yourself in crisis or feeling hopeless, **call or text to 9-8-8** for help or go to the nearest emergency room.

Always contact your doctor with any questions or concerns you may have about your behavioral or mental health or if you feel you need assistance from a mental health provider.



How can parents help themselves?

Make a date for yourself.

1. Take a moment to sit by yourself in a quiet space. Let go of any expectations you have for yourself. Now, think about what would truly make you feel cared for. Is it time alone? Connecting with a friend? Getting extra rest? Or maybe simply enjoying a hot cup of tea or coffee?
2. Decide on self care and commit to it. Once you've identified what you need, put it on your calendar and follow through with the activity or "date." Make it non-negotiable.
3. Use the calendar tool to the right to help prioritize time for yourself, just like you would a doctor's appointment or an important event.

TIPS FOR SUCCESS:

- Be gentle and patient with yourself.
- Celebrate small acts of compassion.
- Stay consistent, even with just a few minutes of "me" time.
- Seek support if needed.

What makes me feel cared for?

1. _____
2. _____
3. _____
4. _____

SUN

AM

PM

MON

AM

PM

TUE

AM

PM

WED

AM

PM

THU

AM

PM

FRI

AM

PM

SAT

AM

PM



Feelings Thermometer

Use the chart below to help your child manage their emotions by identifying their feelings and channeling them into health actions.

How do you feel?

List what you can do about it:

Angry / Furious / Explosive

- Yelling, Stomping, Meltdown



EXAMPLE: Vigorous physical exercise

Frustrated / Annoyed / Irritable

- Arguing, Refusing, Shutting Down



EXAMPLE: Listen to favorite music

Anxious / Worried / Unsettled

- Pacing, Avoiding, Clingy



EXAMPLE: Pay attention to each of your 5 senses

Sad / Negative / Lonely

- Cry, Withdrawn, Slowed/Disengaged



EXAMPLE: Set a positive goal for the day

Happy / Calm / Content






- Smiling, Laughing, Engaged



EXAMPLE: Help someone else

Bedtime Routine Chart

Bedtime can be often stressful for both kids and parents. Setting routines with your child can help them learn time management skills and set expectations. Use the chart below to help establish a bedtime routine. Once your child has completed the chart, reward them with a special activity.

I Need To ...	SUN	MON	TUE	WED	THU	FRI	SAT
Pick Up My Toys 							
Take a Bath 							
Put on Pajamas 							
Brush Teeth 							
Go Potty 							

Understanding Health Insurance

Understanding your health insurance and what's available to your family is important to get the best care for your family's needs. If you have insurance through your employer or are the one who purchases the insurance, you are both the policyholder and the *subscriber* of your health plan. If you have a child or children on your health plan, they are considered *dependents*.

So, how does it work?

Health insurance works by splitting the cost of healthcare between you and your health plan to pay your provider (doctor, for example). Prior to receiving healthcare for you or your child, you will show *proof of insurance* (your member ID card) to your provider. This will tell the clinic what type of coverage you have and how to bill (charge) for your visit. The amount billed will depend on your plan type, your deductible amount and whether your provider is in-network or out-of-network.

What is a deductible?

A *deductible* is the amount you pay for medical costs before your health insurance begins to make payments to providers for services. Example: Your deductible is \$1,000. You will pay for services until you meet your \$1,000 deductible. After that, your health plan will help share costs any time you see a provider. To find your deductible information, check your ID card.

What is a copay (copayment)?

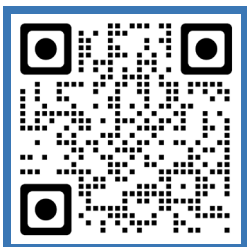
A *copay* is the fixed amount you pay, usually at the time of a medical service or for prescriptions at the pharmacy. Some plans do not have a copay. If there is a copay, it is usually separate from your deductible. A copayment does not count toward your deductible amount or your out-of-pocket maximum. It can also vary depending on the type of services received (a primary care provider and a specialist may be different copay amounts).

What's on your ID card?

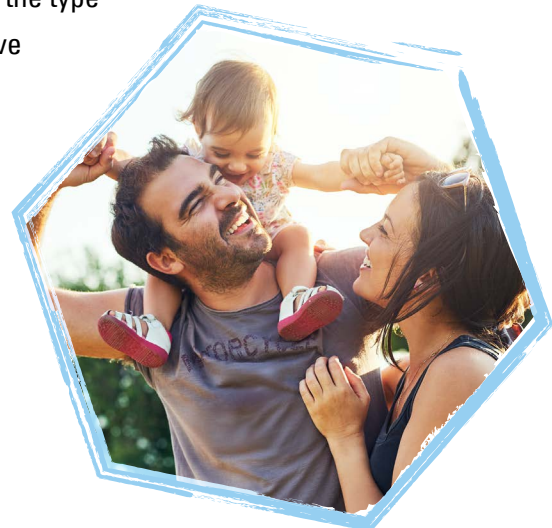
Arkansas BlueCross BlueShield	
Member Name: JOHN L DOE	
1	Member ID: ZZZ123456789
2	RxBIN: 123456 RxPCN: ADV RxGRP: RX0000
3	RxDED: NONE
4	\$4/\$4/\$8/\$8
	Group #: GG987654321
	Deductible: NONE
	CoPay: \$8 PCP / \$10 SPEC
	Silver
<i>True</i> BLUE PPO	

- 1. Member ID number** – Helps us identify who you are, the type of plan you have and how your claims are paid
- 2. Rx categories** – Used by the pharmacy to determine what's covered, apply your discount and file your claims
- 3. Rx deductible** – The amount you pay for prescriptions before your health insurance begins to pay
- 4. Rx copay** – How much you pay for your prescriptions depending on their type
- 5. Group number** – Used to check your plan's benefits
- 6. Deductible** – The amount you pay for healthcare services before your health insurance begins to pay
- 7. Copay** – How much you pay for a doctor visit, depending on the type
- 8. Type of plan** – Lets you know what kind of coverage you have

Your card may look slightly different than the example above, depending on the health plan you have.



Scan code to learn more about health insurance or [click here](#).



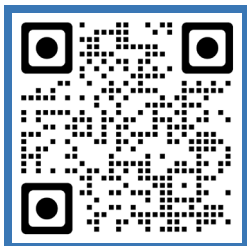
We are your village too.

Reach out for assistance.

Our dedicated Behavioral Health Team is here to help Arkansas Blue Cross members navigate care.

Call 800-225-1891 to speak to a behavioral health case manager if you have questions or need additional support. If you or your family member is having an urgent mental health crisis, call 9-8-8 or go to the nearest emergency room.

Helpful resources and behavioral health information can be found at **[Mymindhelp.com](https://mymindhelp.com)**



To view benefits and programs available on your Arkansas Blue Cross health plan, sign in or register for blueprintportal.com.

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This booklet is provided for educational purposes only. It is not intended as medical or professional advice or as a substitute for the developmental, medical or behavioral healthcare you or your child can receive from a provider. Please contact your child's doctor or other healthcare professional with any questions or concerns you may have about your child's behavior or healthcare needs.