

# Positive Parenting Toolkit (Ages 6-12)

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



Arkansas  
**BlueCross BlueShield**

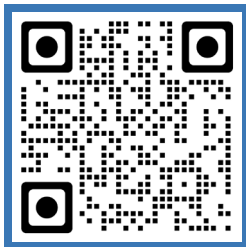
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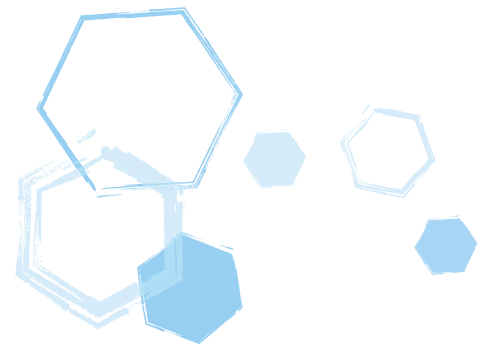
Raising a child takes a village, and you are not alone.  
There are resources available.



If you are an Arkansas Blue Cross and Blue Shield member, scan the QR code to view benefits and programs on your health plan with Blueprint Portal at [blueprintportal.com](https://blueprintportal.com).



At Arkansas Blue Cross, we have created a website with self-guided help and resources. For more information, visit [mymindhelp.com](https://mymindhelp.com).



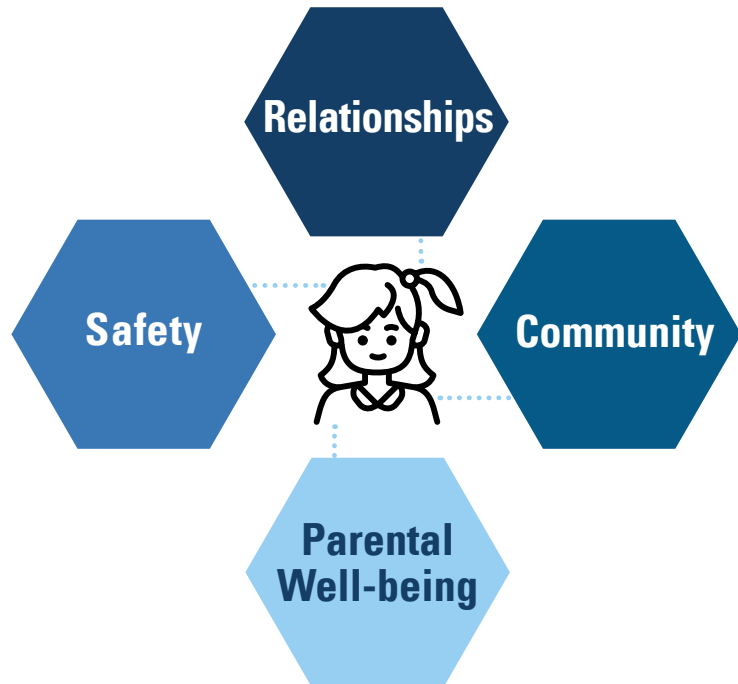
# Parenting can be rewarding but challenging.

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 kids.** Setting boundaries helps kids feel secure as they grow, giving them the confidence to explore while staying safe. Here are some ways to establish a safe environment for school-aged kids.

## Questions to consider:

- Do your kids know important phone numbers like 911, your contact information and the names of trusted neighbors? Do they know your home address in case of an emergency?
- Are you encouraging your child to spend time outdoors? Riding bikes, playing sports or exploring nature helps balance screen time and develop their independence.
- How do you manage your child's screen time? Have you created guidelines about when and how long they can watch YouTube or use the internet?

## How can parents help?

### Spot the Safe Video (Ages 6-10)

1. Have your child choose 5 videos from approved YouTube channels, and then watch them together. These could be about animals, sports, or other interests.
2. After watching, talk about each video:
  - Was it from an approved channel?
  - Did it have any ads? If so, what were they trying to sell?
  - How safe and fun was the video? Give it a "Safety Score" on a scale from 1 to 10.

This activity helps your child learn to think critically about the content they're watching and make safe choices online.

# Emergency Information (Ages 6-12)

1. Work with your child to fill out the worksheet.
2. Review the numbers and contacts with them to make sure they understand when and how to use them.
3. Keep the sheet in a common area, like on the refrigerator or by the pantry. If your child has a cell phone or tablet, work with them to save them in their device for easy access.

## EMERGENCY CONTACTS - EMERGENCY NUMBER 911

PERSONAL INFORMATION		
Name:		Notes:
Address:		
Cell Phone:		
Work Phone:		
Email Address:		
EMERGENCY CONTACTS		
Name:	Name:	Name:
Number:	Number:	Number:
Address:	Address:	Address:
Relationship:	Relationship:	Relationship:
IMPORTANT NUMBERS	INSURANCE & MEDICAL INFO	IMPORTANT LOCATIONS HAVE AN ADULT OR SITTER HELP
Family Doctor:	Allergies:	First Aid Kit:
Pediatrician:	Medications:	Fire Extinguisher:
Dentist:	Provider:	Water Shut Off:
Eye Doctor:	Name of Insured:	Gas Shut Off:
Vet:	Policy:	Breaker:
Security/Alarm:	Group Number:	
Notes:		

Police



Fire



Ambulance



Hospital



Poison Control





A group of diverse children, including a boy in a yellow shirt, a boy in a blue shirt, a girl in a light green shirt, and a girl in a pink shirt, are smiling and holding a blue banner. The banner is partially visible on the left side of the page.

## Relationships

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

By fostering open communication, trust and emotional support, you help your child feel more confident expressing themselves and building healthy relationships with friends, teachers and others in their life. Taking the time to engage in meaningful activities and conversations not only strengthens your bond but also helps your child develop important social and emotional skills.

### Questions to consider:

- Is your child able to identify positive moments, challenges and things they are excited about?
- How can you help your child feel comfortable sharing more about their emotions or asking for help when they need it?
- Is your child curious about new foods, family traditions or different cultures when preparing meals together?




## How can parents help?

### High, Low, Buffalo: Getting your child to talk about their day (Ages 6-12)

1. **High:** Ask your child to share their favorite part of their day.
2. **Low:** Ask your child to share what was difficult or challenging about their day.
3. **Buffalo:** Ask your child to share what was silly, random or funny about their day.

## Cooking Together (Ages 6-12)

Cooking a meal together is a fun way to bond while exploring new foods, family traditions or different cultures. Let your child help with simple tasks, like measuring ingredients or stirring, and talk about where the recipe comes from. Whether it's a family favorite or a dish from another culture, this activity encourages curiosity, practical skills and connection.



# Family Recipe Card

**Name of dish:** \_\_\_\_\_  
\_\_\_\_\_

<p><b>Ingredients:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>	<p><b>Servings:</b> _____ <b>Prep Time:</b> _____</p> <p><b>Cook Time:</b> _____</p> <p><b>Directions:</b> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____</p> <p><b>This recipe came from:</b> _____</p> <p><b>My family loves this recipe because:</b> _____ _____ _____</p>
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# Community



**Building community begins at home by teaching your child how to be a helper and when to ask for help.**

Show them how to support others and when to seek help themselves. Talk with your child about where they feel like they belong – at home, school, with friends or on a team – and how you can help them stay connected or find new groups.

## Questions to consider:

- Does your child know when to ask for help or offer help to others?
- Are you helping your child build positive friendships and stay connected to groups where they feel they belong?
- Is your child exploring new activities where they can make connections and feel included?

## How can parents help?

### Helper Charades (Ages 6-12)

1. Write down helping scenarios (like carrying groceries or comforting a friend).
2. Take turns acting out the scenario while the other guesses.
3. Discuss how you would help and why it's important.
4. Switch roles and keep playing!



## Community Photo Journal Adventure (Ages 6-12)

This activity encourages kids to explore their interests and passions in their community while discovering new activities they may like to try.

<b>MATERIALS NEEDED:</b>			
• Camera or smartphone • Notebook or journal • Pens or markers			
<b>LIST YOUR INTERESTS:</b>			
Activities you enjoy:		New activities to try:	
1.		1.	
2.		2.	
3.		3.	
Where would you like to go?			
1.			
2.			
3.			
Describe your experience:			
PHOTO 1	PHOTO 2	PHOTO 3	PHOTO 4
_____	_____	_____	_____
Activity:	Activity:	Activity:	Activity:
What did you enjoy?	What did you enjoy?	What did you enjoy?	What did you enjoy?
How did it feel?	How did it feel?	How did it feel?	How did it feel?
Do you want to try this again?	Do you want to try this again?	Do you want to try this again?	Do you want to try this again?
Reflect together. Discuss your favorite photos and plan future activities. _____			
_____			
Favorite moment: _____			
_____			
Activity to try next: _____			
_____			

## Parental Well-being

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

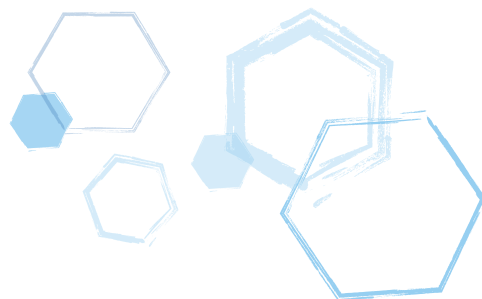
It is important for you to take time for yourself to be an effective parent. Taking time for yourself or using self-care techniques is not selfish. A healthy you is a better parent for your child.

### 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?
- Are you staying connected with friends, family and loved ones?

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

# Exploring emotions



Use the worksheet below to help your child identify and discuss their thoughts, feelings and actions as it relates to an emotion.

Select an emotion you would like to explore:

- |  |   |   |   |
|--|---|---|---|
| <input type="checkbox"/> Happy        | <input type="checkbox"/> Worried       | <input type="checkbox"/> Confused  | <input type="checkbox"/> Scared  |
| <input type="checkbox"/> Proud        | <input type="checkbox"/> Calm          | <input type="checkbox"/> Angry     | <input type="checkbox"/> Sad     |
| <input type="checkbox"/> Embarrassed  | <input type="checkbox"/> Disappointed  | <input type="checkbox"/> Nervous   | <input type="checkbox"/> Other   |

THOUGHTS

ACTIONS

What thoughts do I have when I feel this emotion?

How do I act when I feel this emotion?

FEELINGS






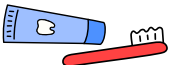





Where in my body do I feel this emotion?



Coping skills I can use to manage stressful emotions:

# Getting Ready for School Checklist

Getting ready for school 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 checklist below to help establish a school routine. Rewarding milestones at the end of the week can help keep your child engaged.

	TASK	MON	TUE	WED	THU	FRI
	Get Up					
	Toilet Time					
	Get Dressed					
	Brush Hair					
	Eat Breakfast					
	Brush teeth					
	Put books in school bag					
	Put lunch in school bag					
	Put Shoes On					
	Well Done! High Five!					
	Hug and Kiss Goodbye					

# 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).

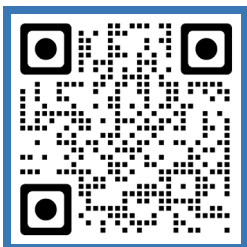


# What's on your ID card?

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



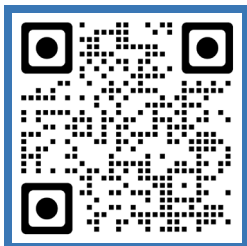
# We are your village too.

## 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](https://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.*