

TIPS Topics Index

Dear Parents,

Visit the TIPS website for more information.

www.tipsforgreatkids.com

Health

- Cold Weather Play
- Colds & Flu
- Tooth Brushing
- Head Lice
 - Head Lice
 - Check for Head Lice
 - Head Lice Medicine
 - Stop the Spread of Head Lice
- Ringworm
- Preschool Eye Health
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 - Wearing Eye Glasses
 - Preventing Eye Injury
- Oral Health
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 - Healthy Teeth
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Preventive Health Care

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 - Records at Home
 - Choosing a Doctor
 - Parents & Doctors as Partners
- Well-Child Care

Nutrition

- Hand Washing
 - Hand Washing Steps
 - Hand Washing is a Family Health Habit
 - When to Wash Hands
 - Hand Sanitizer
 - Use Glitter to Explain Germs
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- Cup Drinking
- Introducing Solid Food
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- Healthy Eating Habits
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 - Less is Better
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- Fruit and Juice
 - Fruit and Juice
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 - Recommended Weekly Vegetable Servings
 - Serve a Variety of Vegetables
 - Kid-Friendly Vegetables
 - Shopping for Vegetables

Behavioral Health

- Masturbation in Young Children
- Bullying
 - Bullying
 - Being the Victim
 - Books on Teasing & Bullying
- Biting
 - If your Child Bites
 - If your Child is Bitten
 - After Age 3 Years

Chronic Health Conditions

- Sickle Cell Disease
 - When to Call the Doctor
 - Care & Emergency Plan
 - Basic Guidelines for Home & School
 - Special Education Services
 - Help Your Child Express Needs
 - Seek Support for Yourself

Chronic Health Conditions(cont.)

- Asthma
 - Asthma Care Plan
 - Secondhand Smoke

Importance of Play

- Play
 - What is Play?
 - Play & Learning
 - Time, Space, & Materials
 - 10 Minutes to Good Behavior
 - Books on Parent & Child Play Time
 - Role of Fathers
 - Differences between Boy & Girl Play
 - Boys & Pretend Play
 - (Play & Social Skills)*
 - Helps Social Skills Grow
 - Solitary Play for Infants & Toddlers
 - Parallel Play for Toddlers
 - Associative Play
 - Cooperative Play
 - (Play & Thinking Skills)*
 - Helps Thinking Skills Grow
 - Exploratory Play
 - Functional Play
 - Constructive Play
 - Symbolic Play
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 - Games with Rules
 - (Play & Problem Solving Skills)*
 - Infant & Toddlers
 - Preschoolers
 - Play & Imitation
 - Builds Mastery Motivation
 - Play & Scaffolding
 - Play & Adult Support
 - Play & Quality Child Care
 - Rough & Tumble Play

Child Development

- Bed Wetting
- Toileting Accidents
- Nightmares & Night Terrors
 - Nightmares
 - Night Terrors

Child Development (continued)

- Toilet Training
 - Readiness Skills
 - Method
 - Problems
 - Teach all the Steps
- Prepare Your Toddler
- Giving Up the Pacifier
- Thumb Sucking

Social-Emotional Development

- Social-Emotional Health
 - Feeling Words
 - Emotional Thinking
 - Calming Down
 - Asking a Grown-Up for Help
 - Making Choices
 - Think, Then Act
 - Tantrums
 - Coping with Emotions
 - Following Rules
 - Raising Socially Healthy Kids
 - Raising Emotionally Healthy Kids
 - Problem Solving
 - Caring about Others
 - Making Friends
 - Words Can Hurt
 - Setting Limits
 - Books about Friendship
 - Books about Sharing
 - Books about Feelings & Emotions
 - Books about Anger & Calming Down

Language & Literacy

- Bedtime Story
- Reading
 - Parents/Foundation
 - Pre-reading Skills
 - Literacy in the Home
 - Shared Book-Early Reading Skills
 - Shared Book-Preschool
 - Reading Makes You Smarter than TV!
 - Environmental Print
 - Go to the Library
 - Check Out Library Books
 - Reading in Your Family's Language

Language & Literacy (continued)

- Choosing Children's Books
 - Newborn to 6 months
 - 7 to 9 months
 - 9 to 18 months
 - 19 to 30 months
 - Especially for Your Child
- Storybooks
 - Traditional Stories
 - Wordless Picture Books
 - Informational Books
 - Concept Books
 - Predictable Books
 - Poems, Songs, Rhymes
 - Quality Preschool Books
- Dads and Reading
 - Reading Aloud
 - Talking Together

Parent Responsiveness

- Positive Talk = Confident Kids
- Crying
 - How to Soothe Your Baby
 - Spoiling or Comforting?
 - Colic
 - Stranger Fear
 - Separation Anxiety
 - Shaken Baby Syndrome
- Self-Esteem

Discipline

- Effective Discipline
 - Nurturing Family Routines
 - Planning Ahead
 - Praise Good Behavior
 - Supportive Play
 - Talking Together
 - Distract
 - Redirect
 - Role Model
 - Attention or Ignore
 - Teach All the Steps
 - Consequence Good Behavior
 - Consequences for Bad Behavior
 - Giving a Reprimand
 - Time Out
 - Voluntary Time-Out
 - Absolute Rules
- Spanking

Family Routines

- Bedtime Routine
- Morning Routine
- Selecting TV for Preschoolers
- Co-Parenting
 - Consistent Co-Parenting
 - Protecting Children from Parent Conflict
 - Good Visits for Foster Children and Their Parents
 - Relationships between Foster and Biological Parents
- Books about Divorce
- Making the Best of Co-Parenting

Safety

- Car Seat Safety
 - Babies
 - Toddlers
 - Preschoolers
 - Elementary Age
 - Car Safety Rules
 - Change Safety Seats
 - Prevent Car-Related Injuries
 - It's the Law!
 - Teaching Preschoolers
- Bath Time
 - Infant Safety
 - Infants
 - Toddler-Preschooler Safety
 - Toddlers- Preschoolers
- Household Dangers
 - Watch Out!
 - Poisons
 - Medicine Safety
 - Measuring Medicine
 - Poison Control
 - Burns
 - Falls
 - Baby Walkers
 - Choking
 - Drowning
 - Fire
 - Smoke Alarms
 - Fire Escape Plan
 - Firearm Accidents
 - Other Dangers

Involvement with Family & Friends

- Family Traditions
 - Family Traditions Build Strong Families
 - Ideas for Family Traditions
 - Family Traditions When Families Change
 - Family Traditions and Foster Families

Community Involvement

- Quality Childcare
 - Why Children Need Quality Childcare
 - Choosing Quality Childcare for Babies
 - Choosing Quality Childcare for Toddlers
 - Choosing Quality Childcare of Preschoolers
 - Quality Classrooms for Babies
 - Quality Classrooms for Toddlers
 - Quality Classrooms for Preschoolers
 - Partner with Your Child's Caregiver
 - Getting Your Child in Childcare

Parenting Beliefs & Values

- Spoiling Babies
 - Spoiling vs. Comforting Crying Babies
 - Spoiling vs. Teaching the Busy Toddler
 - Spoiling vs. Teaching Independence
 - Spoiling vs. Family Stress
 - Spoiled vs. Secure Infants and Toddlers

Family Conflict

- Domestic Violence
 - Help a Friend
 - Effects on Children

Child Abuse & Neglect

- Child Sexual Abuse
 - Parenting Child Sexual Abuse
 - Signs of Child Sexual Abuse
 - When a Child Regrets Sexual Abuse
 - Responding to Child Sexual Behavior

Economic Support

- Child Support
 - Child Needs Both Parents
 - Court Ordered Support
 - How Moms can Help Dads

Fatherhood

- Importance of Fathers
 - Day-to-Day Care
 - Father's Love
 - In School and in Life
 - Books with a Focus on Fathers

Parent Substance Use & Abuse

- Alcohol and Drugs
 - Getting Help
 - Protecting Children

Children of Substance Abusers

- Prenatal Exposure
 - Effects on Children
 - Avoid Alcohol during Pregnancy
 - Father Message
 - Seek Help for Child
 - Services for Children

Parent Mental Health

- Parental Depression

Child Mental Health

- Grief and Loss
 - When a Parent is Deployed
 - Children and Divorce
 - Children and Funerals
 - Talking to Children about Death
 - Children and Trauma
 - Understanding the Feelings of Children in Foster Care
 - Helping Foster Children Cope with Grief and Loss
 - Children's Books about Grief and Loss
- Anxiety in Young Children
 - Normal Anxiety and Fear
 - Signs of Separation Anxiety
 - Signs of Anxiety
 - Getting Help for Childhood Anxiety
 - Parenting an Anxious Child
 - Anxious Foster Children
 - Books about Separation Anxiety