



**THE THREE Cs:  
STRATEGIES FOR PARENTS OF CHILDREN AGES BIRTH – 4**

| PROTECTIVE FACTORS | PARENTS' ROLES  |
|--------------------|---|
| Connection         | <p>Respond sensitively and predictably to your baby's needs for comfort and assurance</p> <p>Follow the baby's lead in play and interaction</p> <p>Enlist other caring, sensitive adults to be a part of the child's life and to care for the child when you are away</p> <p>Help your toddler learn to use words to express feelings</p> <p>Encourage your preschool child to think about how others feel</p>                    |
| Competence         | <p>Provide just enough help that the child can complete a task successfully</p> <p>Recognize the child's efforts even when he or she doesn't succeed</p> <p>Give the child choices within a range of safe, healthy options</p> <p>Set clear and reasonable limits and enforce those limits firmly, without anger</p> <p>Model and teach the child basic rules of getting along (e.g. take turns, share, be gentle, use words)</p> |
| Contribution       | <p>Let the child see you and other adults cooperating and contributing to your community</p> <p>Engage the child in helping you with simple household tasks; make clean-up a routine part of moving from one activity to another</p> <p>Select preschool, Sunday school or a childcare setting that teaches and expects cooperation and helpfulness</p>   |