



# FACT BRIEFING

## POSITIVE PARENTING ACROSS THE AGES

Positive parenting skills are important in building a healthy, happy relationship with the child and setting their child up for success.

*UC Davis Health (2024)*

## THE DEVELOPMENTAL STAGES & PARENTING

### Infancy (Birth to 1 year old)

- Provide praise
- Make sure the baby is eating and sleeping
- Talk, sing, read, and cuddle with them

### Toddlerhood (2 to 3 years old)

- Encourage pretend play
- Help them regulate their emotions
- Provide attend their talking and listening

### Middle Childhood (5 to 8 years old)

- Model patience
- Provide clear rules
- Take intentional time to connect as a family

### Young Teens (11 to 14 years old)

- Get to know their friends
- Respect their opinions
- Provide choices of how to meet their goals

### Toddlerhood (1 to 2 years old)

- Encourage exploration
- Support their independence
- Talk, read, and play with them

### Preschoolers (3 to 5 years old)

- Provide opportunities to do chores
- Help them with problem-solving
- Explain consequences

### Middle Childhood (8 to 11 years old)

- Encourage participation in group activities
- Be involved at their school
- Discuss right and wrong

### Teenagers (14 to 17 years old)

- Encourage volunteering
- Have open and honest communication
- Emphasize healthy lifestyle habits

## REMEMBER:

Positive parenting is not a "cookie cutter mold," where you are expected to parent the same as someone else. There are basic principles, but positive parenting is unique to each individual.

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