

Reflective Parenting for Resilient, Nurturing Families



C:
Many of our patients and families are experiencing increased stress due to COVID-19. It’s important to address this adversity in a way that is strengths based.

Dr. Amy Shriver, General Pediatrician at Blank Children’s Pediatric Clinic, Medical Director of Reach Out and Read Iowa, created this assessment tool for parents with small children.

It's called CC123.

Connections—It's important that your children have a feeling of connection both in their house and with friends and family outside of their house. What tools do you have/need to help both you and your child feel connected?

C: Coping—Finding constructive ways to deal with stress is important for both adults and children. Try to model the way and discuss with kids why getting outside, exercising, routines, relaxation, creative play, and sleep are so important for self-care. What are other coping skills you/your child has? It's important to realize that sometimes extra help such as therapy can be needed during this time.

1: Take One Moment—When children “act out” it can sometimes be due to increased stress or adversity. Take one moment to stop, reflect, and empathize. What are they trying to tell you?

2: 2 eyes for seeing, 2 arms for holding. Always, but especially during times of increased or prolonged stress, children need increased positive attention and affection. Spend some fun time with your child. Catch them being good. Give lots of hugs.

3: Three Ways: What are three ways you can show your child you love them every day? It doesn't have to be a big way. It can be spending time together, reading a book together, drawing a smiley face on their hand, or saying “I love you” or “You make me feel so happy.”



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