

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

<b>PROTECTIVE FACTORS</b>	<b>PARENTS' ROLES</b>
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>

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