

## **Parent SKILLZ - A Quick Guide for Parents Navigating Today's Challenges**

Parenting today looks very different than it did just a generation ago. Kids are growing up in a fast-paced, emotionally complex world—and as a result, parents need modern strategies rooted in connection, not control.

That's where **Parent SKILLZ** comes in.

Parent SKILLZ is a child development framework designed to help parents better understand how children grow emotionally, intellectually, socially, and physically—and how to guide them with confidence and calm.

It's not about being a perfect parent.

It's about using **intentional, skill-based tools** that strengthen your relationship and support your child's growth.

### **The 8 Core Parent SKILLZ**

These eight skills help caregivers become more attuned, responsive, and effective in everyday parenting moments:

#### **1. Connection**

Help your child feel seen, heard, and safe—especially during moments of stress or misbehavior.

## **2. Attunement**

Recognize what your child is *really* communicating, even when emotions are high.

## **3. Patience**

Respond calmly to big emotions, rather than reacting out of frustration.

## **4. Prompting**

Encourage positive behaviors by setting your child up for success *before* correction is needed.

## **5. Edutainment**

Make learning, discipline, and responsibility engaging and fun.

## **6. Nurturing**

Separate behavior from identity, so children feel supported even when being redirected.

## **7. Adaptability**

Adjust your responses based on your child's stage of development and emotional state.

## **8. Consistency**

Create predictable routines and model behavior that builds trust and emotional safety.

### **Why It Matters**

When parents use these SKILLZ, children develop:

- Greater emotional regulation
- Stronger communication and trust
- Higher self-esteem
- Resilience in the face of setbacks

And perhaps most importantly, families grow stronger together.

**Parent SKILLZ is not about doing more—it's about doing what works.**

Small shifts in how we connect and respond can make a big difference in how our children learn, behave, and feel.

Want more parenting tips rooted in child development? Just ask your local SKILLZ Instructor—we're here to support your journey.