

# Using the FSU *Partners for a Healthy Baby* Curriculum to... Help Young Children Cope with Stress & Trauma

## *Before Baby Arrives*

- Handout 24: How Do You Handle Your Stressors?
- Handout 45: What's Stressing You Out?
- Handout 46: Ways to Relieve Stress
- Handout 68: Nourishing Yourself from Within
- Handout 88: Friends Can Improve Your Emotional Health

## *Baby's 1<sup>st</sup> Year*

- Handout 48: What I'm Trying to Say Is...
- Handout 49: Calming Your Fussy Baby
- Handout 50: The Power of Touch
- Handout 57: Figuring Out What My Baby Wants
- Handout 76: Rub-a-Dub-Dub: Bathtime Fun & Safety
- Handout 83: Comforting & Calming Your Baby
- Handout 97: Sleep to Improve Your Emotional Health
- Handout 144: Making it Easier!
- Handout 156: Babies Feel Stress Too
- Handout 171: Helping Your Baby Through Stranger Anxiety
- Handout 180: Exercise to Improve Your Emotional Health
- Handout 186: Keeping in Touch
- Handout 192: Eat Healthier to Improve Your Emotional Health
- Handout 194: Feeling Safe at Every Age
- Handout 200: Gestures are Important
- Handout 240: How to Reduce Tantrums

## *Baby's 2<sup>nd</sup> Year*

- Handout 17: Love + Patience = Discipline
- Handout 47: Children Thrive on Routines
- Handout 48: You Can Have a Loving Relationship with Your Child...and Still Teach Her to Behave
- Handout 50: Knowing What To Expect from Your 1-Year-Old
- Handout 69: Always Watching & Listening
- Handout 71: Mothering Yourself
- Handout 72: Laugh & Sing to Improve Your Emotional Health
- Handout 79: Spanking: More Harm Than Good
- Handout 86: Social-Emotional Well-Being: 18 Months
- Handout 107: Shopping with a One-Year-Old
- Handout 117: Stress Makes It Hard to Learn & Grow
- Handout 126: Patience & More Patience
- Handout 142: Social-Emotional Well-Being: 2 Years

## *Toddler's 3<sup>rd</sup> Year*

- Handout 4: Help Your Toddler Feel Important
- Handout 18: Handling Kicking, Biting, & Out-of-Control Behaviors
- Handout 19: Let Toddler Choose
- Handout 20: Changing No! No! No! to Yes! Yes! Yes!
- Handout 22: Watch Me Grow! 25-27 Months
- Handout 23: My 25-27 Month Old
- Handout 24: Watch My Motor Skills Grow: 25-36 Months
- Handout 28: Watch My Language Skills Grow: 25-36 Months
- Handout 29: Watch My Social Emotional Skills Grow: 25-36 Months
- Handout 36: Watch My Thinking Skills Grow: 25-36 Months
- Handout 37: Watch My Play Skills Grow: 25-36 Months
- Handout 64: Checking In: Special Messages and Signals Show How Important We are to Each Other!
- Handout 68: Social-Emotional Well-Being: 30 Months
- Handout 69: Lightening the Load
- Handout 92: You Want Her to Do What? Realistic Expectations for Parenting a Toddler
- Handout 93: What to Do Instead of Spanking
- Handout 99: Help Me...It's Been A Long Day
- Handout 100: Help Me Get My Emotions Under Control
- Handout 136: Help Your Toddler Feel Secure in an Insecure World

