

Parent Education Checklist

All links can be found on our website.

All links need to be read and videos need to be watched BEFORE you can participate in a duty day at preschool. I promise this list is not as intimidating as it looks!

Parent Ed is required by Interior Health and is a big part of our preschool licensing.

Please check off and date each link as you complete it and hand in this form with registration paperwork or at our first monthly meeting in September.

CARING FOR KIDS

Date

- | | |
|---------------------------------------------------------------------------------------|-------|
| <input type="checkbox"/> How to foster your child's self-esteem | _____ |
| <input type="checkbox"/> Your child's mental health | _____ |
| <input type="checkbox"/> A parent's guide to health information on the Internet | _____ |
| <input type="checkbox"/> Food safety at home | _____ |
| <input type="checkbox"/> Healthy eating for children | _____ |
| <input type="checkbox"/> Healthy snacks for children | _____ |
| <input type="checkbox"/> Guiding your child with positive discipline | _____ |
| <input type="checkbox"/> Physical Activity for children and youth | _____ |
| <input type="checkbox"/> Playground safety | _____ |
| <input type="checkbox"/> Water Safety for young children | _____ |
| <input type="checkbox"/> Your preschooler and safety: How to prevent injuries at home | _____ |
| <input type="checkbox"/> Promoting reading in school-aged children | _____ |
| <input type="checkbox"/> Common infections and your child | _____ |
| <input type="checkbox"/> When your child misbehaves: Tips for positive discipline | _____ |
| <input type="checkbox"/> Taming the monsters: Helping children deal with their fears | _____ |

ABOUT KIDS HEALTH

Date

- | | |
|--------------------------------------------------------------|-------|
| <input type="checkbox"/> Anger Management for Young Children | _____ |
|--------------------------------------------------------------|-------|

HEALTHY FAMILIES BC

Date

- | | |
|---------------------------------------------------------|-------|
| <input type="checkbox"/> Encouraging Good Behaviour | _____ |
| <input type="checkbox"/> Making Family Meals Enjoyable | _____ |
| <input type="checkbox"/> Get You Child to Eat Breakfast | _____ |

PARENTS MATTER

Date

A Sense of Belonging

Good Judgement T Good Judgement Takes Practice

Knowing What to Expect

Giving Children Feedback

Setting Consequences

Handy Phrases for Parents

Promoting Positive Behaviour

Guiding your Childs Behaviour

PENN STATE EXTENSION

Date

Terrific three-year-olds

Fun with four-year-olds

Videos - YouTube

Date

A Positive Parenting Presentation: "Stop the Yelling & Gain Cooperation" (56 minutes)

Positive Parenting Webinar with Amy McCreedy (60 minutes)

I _____ have completed my Parent Education

Date: _____

Signature: _____