Tucker Turtle Takes Time to Tuck and Think at Home

A scripted story to assist with teaching the "Turtle Technique"
By Rochelle Lentini, Lindsay N. Giroux and Mary Louise Hemmeter

My Daily Schedule
- Wake up at 7:30 am
- Eat breakfast
- Get dressed and brush teeth
- Playtime or errands
- Eat lunch
- Story time and nap
- Playtime
- Eat dinner
- Take a bath and brush teeth
- Story time and in bed by 8 pm

Help Us Stay Calm
Strategies that help you and your child during challenging behavior

Stay Calm | Reflect | Re-Connect
When your child is engaged in challenging behavior or experiencing anger, stress, sadness or frustration, it is important to stay calm. If you keep your anger and emotions in check, your child will be less likely to react to your child's/your child's needs as they might know to join them.

Calm Yourself
- Take deep breaths
- Count until calm
- Think something positive or fun about your child

Reflect
- Ask for help
- Think about your child's feelings
- Ask your child how they're feeling

Re-Connect
- Make sure your child calms down
- Acknowledge feelings
- Offer choices
- Let us know if you need support
- Let's talk about it later
- Talk with your child

Positive Parenting
Positive parenting describes a set of parenting behaviors that foster a child's capacity to live, learn, grow and be. The goal of positive parenting is to help parents gain their children's healthy development in the context of the family's culture. The elements of positive parenting include the ability to...

Zero to Three
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Help Us Stay Calm

Stay Calm | Reflect | Re-Connect

When your child is engaged in challenging behavior or experiencing anger, stress, sadness or frustration, it is important to stay calm. If you keep your own anger in check, you will model an effective way of handling stress for your child. Remaining calm will help to regulate and support your child’s needs as they adjust now to join the family.

Help Us Stay Calm

1. Calm Yourself
   - Take some deep breaths
   - Count until calm
   - Connect with a friend
   - Think something positive or fun about your child

2. Reflect
   - What are you feeling and thinking?
   - What might your child need to prevent the behavior from occurring again?
   - Are you calm enough to re-connect with your child?

3. Re-Connect
   - Take a new activity
   - Talk with your child
   - Ask for a hug
   - Share a story
   - Acknowledge feelings
   - Let them know you care

Positive Parenting

Positive parenting describes a set of parental behaviors that foster a child’s capacity to love, learn, cooperate, and care. The goal of positive parenting is to help parents guide their children’s healthy development and content of the family’s culture. Key elements of positive parenting include the ability to:

- Recognize and understand children’s developing abilities to self-regulate and develop
- Recognize and value the emotional and social development of children
- Recognize and support children’s developing abilities to self-regulate and develop
- Recognize and value the emotional and social development of children
- Work toward a balance of meeting your child’s needs and teaching them
- Ask for help, or additional information when you need it
- Seek help, or additional information when you need it

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Positive Parenting

211 LIFE LINE

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