

Talk + Play = CONNECT

Time with kids... It adds up.

TALK RESOURCES

- **Why Talking is Important:** Talking to children is so important. This site describes what good parent-child communication looks like and gives tips for talking and listening to children.
http://raisingchildren.net.au/articles/talking_and_listening.html
- **Positive Ways to Talk and Listen:** This site has a lot of helpful links that cover many topics, such as Spend Time Listening, Consider Opinions, Accept the Feelings, You're Talking to a Kid, Listen to Yourself Talk, and Tough Topics.
<http://www.pbs.org/parents/talkingwithkids/strategies.html>
- **20 Ways to Talk so Your Kids Will Listen:** Frustrated with how conversations with your child are going? These are tips for improving the way we talk to our kids.
<http://childdevelopmentinfo.com/how-to-be-a-parent/communication/talk-to-kids-listen/>
- **Guidelines for Parent/Child Communication:** In addition to covering the basic principles of good parent-child communication, you can also learn some great ways to encourage and praise your children.
<http://childdevelopmentinfo.com/how-to-be-a-parent/communication/>
- **Talking is Teaching: Talk, Read, Sing:** This site provides questions and songs that you can use to talk to your children about all kinds of topics, such as buses, numbers, food, cars, clothes, letters, books, and shapes.
<http://talkingisteaching.org/>
- **Babies**
 - **Age-by-Age Insights in Communication:** Because children at various ages communicate differently, parents need to adapt their communication techniques to their child's developmental stage. This site can help you learn more about how your child communicates and how you should communicate with him/her at various ages: baby and toddler (0-2), preschooler (3-5), and school-age (6-11).
<http://www.pbs.org/parents/talkingwithkids/agebyage.html> (ages 0-2)
- **Toddlers**
 - **Dealing with Temper Tantrums:** If your child is having temper tantrums, it might feel like you've run out of ideas on how to deal with them. This tip sheet provides some ways to prevent tantrums and deal with the ones that cannot be prevented.
<https://www.childwelfare.gov/pubPDFs/Dealing%20With%20Temper%20Tantrums.pdf>
 - **Age-by-Age Insights in Communication:** Because children at various ages communicate differently, parents need to adapt their communication techniques to their child's developmental stage. This site can help you learn more about how your child communicates and how you should communicate with him/her at various ages, including: baby and toddler (0-2), preschooler (3-5), and school-age (6-11).
<http://www.pbs.org/parents/talkingwithkids/agebyage.html> (ages 0-2)
- **Preschoolers**
 - **Age-by-Age Insights in Communication:** Because children at various ages communicate differently, parents need to adapt their communication techniques to their child's developmental stage. This site can help you learn more about how your child

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communicates and how you should communicate with him/her at various ages, including: baby and toddler (0-2), preschooler (3-5), and school-age (6-11).

<http://www.pbs.org/parents/talkingwithkids/agebyage.html> (ages 3-5)

- **School-age**

- **Parenting Your School-Age Child:** As your school-age child goes through a lot of physical and emotional changes, this tip sheet provides you with some ideas about ways that you can communicate with and support them.

<https://www.childwelfare.gov/pubPDFs/Parenting%20Your%20School-Age%20Child.pdf>

- **Age-by-Age Insights in Communication:** Because children at various ages communicate differently, parents need to adapt their communication techniques to their child's developmental stage. This site can help you learn more about how your child communicates and how you should communicate with him/her at various ages: baby and toddler (0-2), preschooler (3-5), and school-age (6-11).

<http://www.pbs.org/parents/talkingwithkids/agebyage.html> (ages 6-11)

- **Teenagers**

- **Talking with Your Teen: Tips for Parents:** A great guide for parents of teens that provides information about how to be an involved parent, how to monitor teens, set clear limits and expectations, communicate positively, and how to keep your teen safe.

<http://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Talking-With-Your-Teen-Tips-For-Parents.aspx>

- **How to Talk to Your Teen, Not at Them:** A quick guide to communication dos and don'ts for talking with your teen.

<http://psychcentral.com/lib/how-to-talk-with-your-teenagers-not-at-them/000528>

PLAY RESOURCES

10 Things Every Parent Should Know about Play: Learn just how important play is for child development and how you can help make sure that your child has lots of opportunity to play.

- <http://families.naeyc.org/learning-and-development/child-development/10-things-every-parent-should-know-about-play>

Babies

- **Everyday Ways to Love, Talk, Play:** You can make any time with your baby an opportunity to talk, sing, and communicate love. This site has suggestions for how to do these activities while shopping at the grocery store, changing a diaper, giving a bath, enjoying music, making a meal, playing with a ball, and getting ready for bed.

<http://lovetalkplay.org/poster/> (also in Chinese, Russian, Somali, Spanish, Vietnamese)

- **Exploring the Senses with Infants and Toddlers:** Babies learn so much through investigating the world around them. If you'd like to help your child explore the five senses (seeing, touching, hearing, tasting, and smelling), this site has activities you can do with your child and toys that you can make related to the senses.

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<http://bananasbunch.org/portfolio-item/exploring-the-senses-with-infants-and-toddlers/>

- **Vroom for ages 0-1:** Did you know that you can boost your child's brain while doing daily errands, chores, and routines? This site gives you lots of brain-building exercises that you can do with your baby during playtime, bedtime, mealtimes, and daily routines.

http://www.joinvroom.org/sites/default/files/Vroom_Activities_English_0.pdf

- **First 5 California: The First Place to Go for Everything Children 0-5:** This web-site has sections on health and learning and provides great activities for you to do with your baby.

<http://www.first5california.com/parents/default.aspx>

- **Bonding with Your Baby:** Want to learn some simple ways to bond with your baby? This handout describes some characteristics of babies and gives you easy ideas that you can use every day to get closer to your baby!

<https://www.childwelfare.gov/pubPDFs/Bonding%20With%20Your%20Baby.pdf>

Toddlers

- **Everyday Ways to Love, Talk, Play:** You can make any time with your toddler an opportunity to talk, sing, and communicate love. This site has suggestions for how to do these activities while shopping at the grocery store, changing a diaper, giving a bath, enjoying music, making a meal, playing with a ball, and getting ready for bed.

<http://lovetalkplay.org/poster/> (also in Chinese, Russian, Somali, Spanish, Vietnamese)

- **Exploring the Senses with Infants and Toddlers:** Toddlers learn so much through investigating the world around them. If you'd like to help your child explore the five senses (seeing, touching, hearing, tasting, and smelling), this site has activities you can do with your child and toys that you can make related to the senses.

<http://bananasbunch.org/portfolio-item/exploring-the-senses-with-infants-and-toddlers/>

- **Vroom for ages 1-2, 2-3:** Did you know that you can boost your child's brain while doing daily errands, chores, and routines? This site gives you lots of brain-building exercises that you can do with your toddler during playtime, bedtime, mealtimes, and daily routines.

http://www.joinvroom.org/sites/default/files/Vroom_Activities_English_0.pdf

- **First 5 California: The First Place to Go for Everything Children 0-5:** This web-site has sections on health and learning and provides great activities for you to do with your toddler.

<http://www.first5california.com/parents/default.aspx>

Preschoolers

- **Vroom for ages 3-4, 4-5:** Did you know that you can boost your child's brain while doing daily errands, chores, and routines? This site gives you lots of brain-building exercises that you can do with your preschooler during playtime, bedtime, mealtimes, and daily routines.

http://www.joinvroom.org/sites/default/files/Vroom_Activities_English_0.pdf

- **Fun and Learning for Parents and Children: An Activities Handbook:** This site is filled with great activities for parents and children to do together at home, away from home, indoors and outdoors.

[http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/for-](http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/for-families/Inside%20Head%20Start/Parent%20Involvement/famcom_hgm_00007_060705.html)

[families/Inside%20Head%20Start/Parent%20Involvement/famcom_hgm_00007_060705.html](http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/for-families/Inside%20Head%20Start/Parent%20Involvement/famcom_hgm_00007_060705.html)

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- **20 Fun Indoor Games:** Stuck inside on a rainy day? This site has 20 indoor games (no TV or video games!) that will keep parents and kids happy and active.
<http://www.todayparent.com/family/parenting/20-fun-indoor-games/>
- **Explore the Great Outdoors with Your Child:** If you want to get outside with your kid, this site provides tips on how you and your child can discover the outdoors together and bond in the process.
<http://families.naeyc.org/learning-and-development/music-math-more/explore-great-outdoors-your-child>
- **First 5 California: The First Place to Go for Everything Children 0-5:** This web-site has sections on health and learning and provides great activities for you to do with your preschooler.
<http://www.first5california.com/parents/default.aspx>
- **Healthy Kids in a Digital World: Remember to Unplug:** Need some reasons and ways to get your kids to put down your phone? This site provides reasons to unplug kids from technology, including unplugging to connect, learn, be healthier, and play. It also gives some suggestions on what to do instead.
<http://www.commercialfreechildhood.org/sites/default/files/hkdwpreschoolers.pdf>

School-age

- **Fun and Learning for Parents and Children: An Activities Handbook:** This site is filled with great activities for parents and children to do together at home, away from home, indoors and outdoors.
http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/family/for-families/Inside%20Head%20Start/Parent%20Involvement/famcom_hgm_00007_060705.html
- **20 Fun Indoor Games:** Stuck inside on a rainy day? This site has 20 indoor games (no TV or video games!) that will keep parents and kids happy and active.
<http://www.todayparent.com/family/parenting/20-fun-indoor-games/>
- **78 Parent-Child Activities:** Not sure what to do with your kids today? Here's an extensive list of activities that you can do with your children!
<http://lifelearningtoday.com/2007/05/20/78-parent-child-activities-free-download/>

Teenagers

- **Communicating with Your Teen: Spending Time Together:** A newsletter by the Alabama Cooperative Extension System that emphasizes that while teens do want and need some privacy and time away from you, they also still want and need you to spend time with them. It provides lots of ideas for ways that you can spend time with your teen.
<http://www.aces.edu/pubs/docs/H/HE-0782/HE-0782.pdf>
- **Spending Quality Time with Your Teenager:** From a web-site that has lots of tips and resources for parents of teens, this post includes ways that you can engage with your teen, something that's important to do even if it feels like your teen doesn't want to spend time with you!
<https://howtoparentateen.wordpress.com/tag/teen-activities/>
- **Connecting with Your Teen:** This handout gives you some tips and simple, everyday activities that you can do with your teen to make sure that you strengthen your connection with them during this period of their lives.

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<https://www.childwelfare.gov/pubPDFs/Connecting%20With%20Your%20Teen.pdf>

- **Talking with Your Teen:** If you are interested in improving communication with your teen, this worksheet can help; parents and teens complete it separately and then share their responses to help them understand each other better.

<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/etc/worksheet.html>

Family Adventures and Outings for All Ages in Yolo County

- **Family Fun from the Yolo County Visitors Bureau:** Want to go on an adventure with your child? This site provides information on family-friendly locations and activities throughout Yolo County.
<http://www.yolocvb.net/family-fun-2.html/>
- **Libraries in Yolo County** offer wonderful children's programs like Story Times and homework help. They also offer thousands of books that your children can borrow. Come check out your local branch!
 - **Yolo County Libraries:** <http://www.yolocounty.org/general-government/general-government-departments/library>
 - **Woodland Library:** <http://www.cityofwoodland.org/gov/depts/library/default.asp>
- **Tuleyome's Yolohiker:** Want to go on a hike in Yolo County? This web-site describes outdoor places to hike in the Putah and Cache Creek watersheds, centered around Yolo County as the starting point for each destination.
<http://yolohiker.org/>
- **Visit the Yolo County Fair!** Fun for all ages!
<http://www.yolocountyfair.net/>
- **The Yolo County Toy Libraries** are a great resource for parents. You can borrow toys, including games, dolls, and animals, puzzles, blocks, infant and toddler toys, play food/dishes, musical instruments, and science exploration toys. Locations are in Davis and West Sacramento.
<http://community-services.cityofdavis.org/child-care-services/resources-for-parents-and-child-care-professionals/toy-library>
- **Parks and Recreation** can be a great resource for activities and things to do in your city. Visit the web-site for your city to learn more:
 - **West Sacramento:** <http://www.cityofwestsacramento.org/city/depts/pcs/>
 - **Davis:** <http://community-services.cityofdavis.org/recreation>
 - **Woodland:** <http://www.cityofwoodland.org/gov/depts/communityserv/default.asp>
 - **Winters:** http://www.cityofwinters.org/recreation/recreation_current.htm