

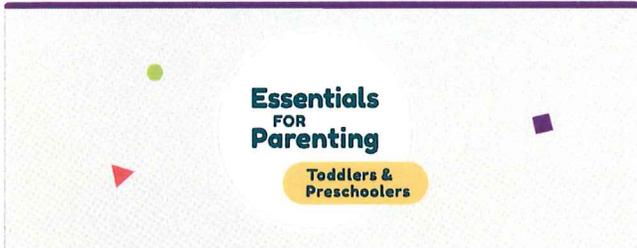


Essentials for Parenting



Essentials FOR Parenting

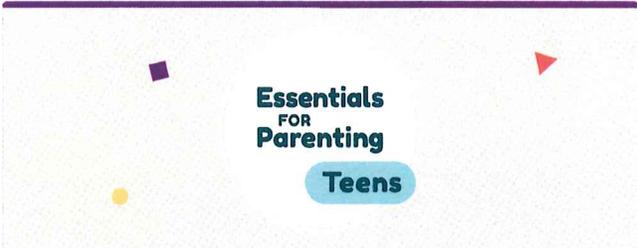
The Centers for Disease Control and Prevention (CDC) reviewed extensive research to identify the best approaches to parenting and talked to the experts—both recognized leaders in the parenting field and parents themselves—to create articles, videos, and activities parents and caregivers can use.



Essentials FOR Parenting

Toddlers &
Preschoolers

Designed for parents and caregivers of 2 to 4-year-olds. Learn about encouraging good behavior and decreasing misbehavior using proven strategies like positive communication, structure and rules, clear directions, and consistent discipline and consequences.



Essentials FOR Parenting

Teens

Designed for parents and caregivers of 11 to 17-year-olds. Learn about understanding and adapting to the teen years, coaching teens to recognize and manage emotions, encouraging teen independence, and praising teens.

Last Reviewed: January 25, 2023