

Thrive in Five!

In each 5 minute video, Dr. Dave Schramm leads parents through a specific parenting topic to increase understanding and offer strategies that can be put into practice right away.

<https://earlyconnections.mo.gov/families/training-opportunities-for-family>

- Ages and Stages
- Benefits of Social Connection
- Beware of Digital Distractions
- Bids for Connection
- Born With 3 Needs
- Cooing and Babbling
- Crybaby
- 8 Words for Resilience
- Empty Nesters
- Enjoying Life With Your Little Ones
- Fear
- 5 Steps for Rethinking and Reframing Stress
- 5 Tips for Emotion Coaching
- Get Along
- Grants in Fantasy
- Happy Hacks 1
- Happy Hacks 2
- Happiness of Parents
- Healthy Eater
- Helping Kids Learn to Share
- Helping Kids Learn to Talk
- Hey I Was Watching That
- It's Hard to Say Goodbye
- Learning by Exploring
- Let's Play
- Let's Read
- Lying
- Make Time for 9
- My Way
- Parenting Pyramid
- Parenting Tug of War
- Positive Discipline
- Potty Training
- Promoting Positive Mental Health in Children
- Responding vs. Reacting
- Retrain Your Brain for Less Stress
- Rules
- See the World Through Your Child's Eyes
- 7 Tips for Connection
- Strengthening Parent Child Connection
- Time for Bed
- Times in Trauma
- Tips to Mirroring Emotion
- Top Tips to Stress Less
- When Kids Help
- When My Child Hits