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Your Online Source for Credible Health Information

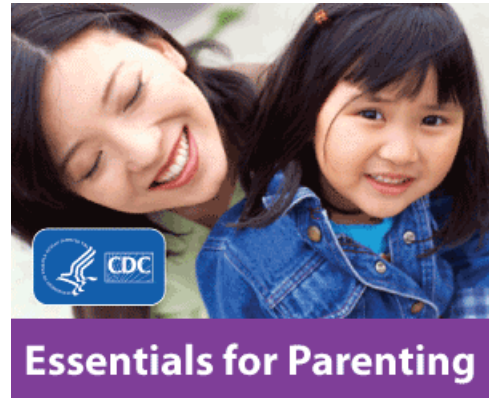
Essentials for Parenting Toddlers and Preschoolers in English and Spanish

**Helping you make the best parenting decisions
for your child and family**

CDC invites you to explore [Essentials for Parenting Toddlers and Preschoolers](#), which promotes evidence-based positive parenting strategies and techniques.

The website is available in both [English](#) and [Spanish](#) and is for parents with young children. It covers the following topics:

- Communicating with Your Child
- Using Discipline and Consequences
- Giving Directions
- Creating Structure
- Using Time-Out



Parents can learn positive parenting skills through this resource in several ways, such as through written content, interactive activities, or videos included on the website.

Learn More

- [Essentials for Parenting Toddlers and Preschoolers](#)
- [Aspectos Esenciales para la Crianza](#)
- [Essentials for Childhood](#)

