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