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Ready-to-post social media content has been created to promote ParentingMontana.org on social media networks such as Facebook, Twitter, Instagram, and LinkedIn. All social media content is available for sharing, viewing, or downloading on the Media page of the website.

Hashtags (#) are searchable tags used on social media networks that allow users to find content associated with a keyword or in a specific theme. The hashtag, #ParentingMontana, can be added to the end of any of the posts. For consistency and brand recognition, only use the hashtag #ParentingMontana (do not use any variation of #ParentingMontana).

State Approval Information

The social media on ParentingMontana.org have been approved by the Montana Department of Health and Human Services (DPHHS). The content may not be altered. It involves specific images and storylines that align with the ParentingMontana.org brand.

General

- Visit ParentingMontana.org to find parenting tools to support your child's success.
- View easy-to-use parenting tools at ParentingMontana.org to learn about common parenting issues such as confidence, back talk, anger, bullying, chores, discipline, friends, homework, and listening, among others.
- ParentingMontana.org is an online resource providing tools for parents to help them raise healthy, successful children. Visit the website at www.ParentingMontana.org.
- Drinking among Montana high school students has been steadily decreasing for the past twenty years. ParentingMontana.org provides parents with tools and resources to continue this trend. Learn more at www.ParentingMontana.org.
- ParentingMontana.org provides information about improving communication and relationships with children, healthy risk taking, discipline, and alcohol and its impact on the teenage brain. Learn more at www.ParentingMontana.org.
- Tools for your child's success
- Skill building at every age
- Information for every age
- Build the skills your child needs to be successful.

- Find a process for learning about ____ [insert issue]
- Tools to raise kids to be confident, respectful, and make healthy choices
- Raise children to be confident, communicate better, and be respectful.
- A way to build the skills your kids need to be successful.
- Tools and a process to grow skills
- Learn to be the parent you want to be
- In Montana, we have many things to be proud of
- Montana is the best place to live and raise a family.
- Improve your relationship with your kids
- Improve your communication with your kids
- Build a strong, healthy relationship and good communication skills to help you work through challenges
- A way to build the skills your child needs to be successful.
- Intentional ways to grow a healthy relationship with your child
- Tools that support a child's success from birth through the teen years

Age Specific

Ages 0 – 1

- Developmental screenings provide information about how your child is developing based on milestones including rolling over, playing peek-a-boo, or imitating simple words. Learn more about the value of developmental screenings at www.ParentingMontana.org.
- Your infant's success depends on their ability to listen and understand what you and others are communicating. Listening skills can support your child's engagement in healthy relationships with relatives and other caregivers. Learn more at www.ParentingMontana.org.
- It is never too early to help your child foster a sense of confidence, even at ages 0 – 1. Helping your child develop social and emotional skills is one way to help them build confidence. Learn how to start growing your child's sense of confidence at www.ParentingMontana.org.

Age 2

- Children only learn about who they are and how they relate to others through sensitive, caring interactions with you. Learn a five-step process for building listening skills in your child at www.ParentingMontana.org.
- Two-year-olds build their social and emotional skills through loving interactions with you. As their social and emotional skills develop, so does their sense of confidence. Learn ways to develop your child's skills and foster their confidence at www.ParentingMontana.org.
- Research suggests that 90% of your child's brain develops by the age of five. Developmental screenings can help you learn more about your toddler's development. Get key information about developmental screenings at www.ParentingMontana.org.

Ages 3 – 4

- Your child's ability to listen and share is a key to their development between the ages 3 – 4. Building your child's empathy skills can prepare them for school and develop their ability to take turns, among others. Learn more at www.ParentingMontana.org
- Is your child struggling with listening? Although children ages 3 – 4 are highly active and exploratory, there are many ways to help them cultivate effective listening skills. Learn more at www.ParentingMontana.org.
- There are many ways to find a child care provider. For example, asking those you trust is a good way to receive honest feedback on various child care options. Learn more ways to find a child care provider that is right for your child at www.ParentingMontana.org.

Ages 5 – 10

- What do you do when your child is having a tantrum? Learn ways to help your child manage their emotions at www.ParentingMontana.org.
- Experimenting with lying is a normal part of child development. Learn ways to promote honesty in your child at www.ParentingMontana.org.
- Sharing is caring! Learn ways to help your child grow skills in taking turns and working with others at www.ParentingMontana.org.

Ages 11 – 14

- Children/teens ages 11-14 will be introduced to greater risk-taking opportunities such as alcohol, drugs, or risky sexual behaviors. Learn ways to help your child develop the skills necessary for healthy decision making and behaviors at www.ParentingMontana.org.
- Your child's confidence begins with a trusting relationship you cultivate with them. Learn ways to help your child grow confidence at www.ParentingMontana.org.
- Children/teens ages 11-14 will naturally test limits and break rules. Learn supportive ways to discipline your child/teen at www.ParentingMontana.org.

Ages 15 – 19

- As children get older and become more competent readers, parents tend to stop reading aloud. However, even high school and college students benefit from collaborative reading or reading aloud. Learn about the benefits of reading with your teen at www.ParentingMontana.org.
- Does your teen's sass ever get on your rawest nerve? Learn healthy ways to deal with back talk at www.ParentingMontana.org.
- In 2018, the National Institute of Health reported that the rates of alcohol use among high school students in Montana are slightly higher than the national average. Build skills in your teen to help them make healthy decisions about alcohol at www.ParentingMontana.org.

Issue Specific

Anger

- Learning how to manage anger can be tough. Learn practical strategies along with conversation starters to help your child work through their emotions at www.ParentingMontana.org.
- Growing skills in your child to manage their anger is important. Learn ways to help your child deal with anger and its many accompanying emotions at www.ParentingMontana.org.
- Teaching your child to manage their anger in healthy ways can build important life skills. Learn more at www.ParentingMontana.org.

Bullying

- One in five children experience bullying at some point according to a 2016 survey by the National Center for Education Statistics. Help your child learn to understand and deal with bullying behavior at www.ParentingMontana.org.
- How can parents support their children to prevent bullying? Learn more at www.ParentingMontana.org.
- Understanding and learning to deal with bullying is important for a child's success in school and in life. Learn how to support your child to help prevent bullying at www.ParentingMontana.org.

Confidence

- How can parents help their children build confidence? Learn more at www.ParentingMontana.org.
- Is your teen avoiding college applications? Visit www.ParentingMontana.org to learn ways to build your child's confidence to help them succeed.
- Confident children know how to learn from their mistakes with parental guidance and support. Learn ways to grow confidence in your child at www.ParentingMontana.org.

Discipline

- Disciplining your child can be challenging. Learn supportive ways to discipline your child that grows their skills at www.ParentingMontana.org.
- A 2016 national parent survey by Zero to Three revealed that 57% of parents report they struggle to figure out the most effective way to discipline. Learn about effective discipline practices for children of all ages at www.ParentingMontana.org.
- What's the best way to discipline a child? Learn about effective discipline practices for children of all ages at www.ParentingMontana.org.
- Visit www.ParentingMontana.org to view an age-by-age guide to disciplining your child.

Friends

- Learn about ways to help your child grow and sustain healthy friendships at www.ParentingMontana.org.
- Whether your child is 4 or 18, friendships play an important role in their life. Learn steps to help your child with the ups and downs of growing healthy friendships at www.ParentingMontana.org.
- There are friends, and there is family. Both are important! Learn ways to help your child grow healthy friendships at www.ParentingMontana.org.

Listening

- How can you improve your child's listening skills? There are ways throughout your child's early development and teen years to help build essential listening skills. Learn more at www.ParentingMontana.org.
- Some research among adults has shown that the average person listens with only 25% efficiency. Learn ways to develop essential listening skills in your child at www.ParentingMontana.org.
- Developing listening skills in your child can be a challenge, but there are many ways to grow and practice essential listening skills with your child/teen. Learn more at www.ParentingMontana.org.

Mixed Messages About Alcohol

- What you model and the messages you send to your child related to alcohol can set them up for success. Learn about ways to grow your child's skills to make healthy choices about alcohol use at www.ParentingMontana.org.
- Now is the right time to understand the messages your child is receiving about alcohol. Learn more at www.ParentingMontana.org.
- According to the Centers for Disease Control and Prevention, the misuse of alcohol is a contributing factor to motor vehicle crashes, overdoses, and suicide for children and young adults between ages 5 – 25 in Montana. Learn about ways to grow your child's skills to make healthy choices about alcohol use at www.ParentingMontana.org.

Reading

- Reading plays a critical role in your child's imagination, working memory, and many other important life skills. Learn ways to engage in family reading time at www.ParentingMontana.org.
- Reading is essential for your child's success in school and in life. Learn strategies to support family reading time at www.ParentingMontana.org.
- Is reading important for your child's development? The answer is yes! Learn ways to engage in family reading time at www.ParentingMontana.org.

Stress

- How does stress impact your child? Learn ways to help your child manage stress and develop essential life skills at www.ParentingMontana.org.
- Parents play an essential role in their child's success. Helping your child learn to manage stress is an important skill they will use throughout their life. www.ParentingMontana.org provides guidance for parents to help their child manage the kinds of stressors we all commonly face.
- How do I help my child cope with stress? www.ParentingMontana.org includes information for parents and those in a parenting role on how to help your child/teen manage stress in positive ways.

Back Talk

- Learn ways to have effective conversations with your child while teaching them useful communication skills at www.ParentingMontana.org.
- Does your child talk back? Learn how to teach your child skills to respond to disagreements in healthy, respectful ways at www.ParentingMontana.org.
- In a recent survey of Montana parents, back talk was identified as a significant parenting challenge. Learn specific, practical strategies along with effective conversation starters to successfully navigate disagreements with your child at www.ParentingMontana.org.

Chores

- There are many benefits to having your child do chores. Learn more about the benefits of chores at www.ParentingMontana.org.
- Should kids do chores? Research from the University of Michigan shows that one of the best predictors of success in young adulthood is whether a child began doing chores at an early age. Learn more about chores at www.ParentingMontana.org.
- Chores help children build important life skills. Learn how to establish chore routines for your child at www.ParentingMontana.org.

Conflict

- Conflicts in family life are normal and expected. Learn more about dealing with conflict with your child at www.ParentingMontana.org.
- Teaching your child skills to manage conflict in healthy ways can develop a sense of safety, security, and a belief in self. Learn ways to teach your child conflict management skills at www.ParentingMontana.org.
- How do you resolve a conflict with your child? Learn a five-step process to help you and your child manage conflict at www.ParentingMontana.org.

Establishing Rules About Alcohol

- Creating rules for your child/teen about alcohol is important. Learn more at www.ParentingMontana.org.
- How can you prevent your child from drinking alcohol? Parents who establish rules about alcohol help their children cultivate healthy habits. Learn more about creating rules about alcohol at www.ParentingMontana.org.
- Establishing clear rules on alcohol can help build vital skills in your child/teen. Learn ways to establish rules about alcohol at www.ParentingMontana.org.

Tantrums and Meltdowns

- Have you ever experienced your child having a grocery store tantrum? Learn how to help your child work through emotional times at www.ParentingMontana.org.
- How do you help your child with a tantrum or meltdown? Learn ways to help your child develop self-management skills to prevent them at www.ParentingMontana.org.
- The saying “name it to tame it” really works! Look for ways to identify feelings with your child and name them. Learn more tips to help your child manage their emotions at www.ParentingMontana.org.

Homework

- One of the best predictors of a child's success in school is parental involvement. While getting a regular homework routine going might be a challenge, such routines can promote valuable skills for school and life success. Learn more at www.ParentingMontana.org.
- Learn strategies and conversation starters to develop a homework routine with your child at www.ParentingMontana.org.
- Is your child hung up on homework? Homework routines can help reduce frustration for your child/teen. Learn how to support a homework routine at www.ParentingMontana.org.

Lying

- What do you do when you catch your child in a lie? Learn more at www.ParentingMontana.org.
- Experimenting with lying is a normal part of child development. A child's/teen's ability to tell the truth can become a regular challenge if parents don't create plans for dealing with them. Learn about the plans at www.ParentingMontana.org.
- Honesty is the best policy. Learn about the benefits of developing honesty skills in your child/teen at www.ParentingMontana.org.

Sharing

- There are intentional ways to grow a healthy parent-child relationship, and helping your child grow their collaboration, turn taking, and healthy friendship skills are perfect opportunities. Learn more on how to grow these skills at www.ParentingMontana.org.
- Why is sharing important for your child? Sharing can build social awareness and self-control. Learn how to develop sharing skills in your child at www.ParentingMontana.org.
- ParentingMontana.org offers tools to help guide parents through common challenges they may experience with their children such as teaching sharing. Visit www.ParentingMontana.org.

Peer Pressure

- According to the Centers for Disease Control and Prevention, alcohol use among teens across the United States is less prevalent than even five years ago. Continue this trend by teaching your child/teen how to deal with peer pressure at www.ParentingMontana.org.
- Is your child worried about “fitting in?” You can help your child/teen learn healthy ways to deal with peer pressure at www.ParentingMontana.org.
- How do you help your child deal with peer pressure? Parents can offer plenty of positive outlets to help their child and their friends stay healthy and safe. Get tips to help your child deal with peer pressure at www.ParentingMontana.org.

Routines

- Is having a routine for your child important? Routines can have a significant impact on your child's/teen's success. Learn ways to help your child establish routines at www.ParentingMontana.org.
- Structure can promote healthy habits and offer a foundation of stability during the many changes your child/teen is undergoing. Learn ways to establish routines with your child without the daily struggle at www.ParentingMontana.org.
- Do family routines matter? Routines can help develop your child's independence and self-sufficiency. Learn more at www.ParentingMontana.org.

Background Information

Parenting Process for Your Child's Success

- Parenting is a process. Learn more about the steps of the parenting process at www.ParentingMontana.org.
- Learn about the parenting process, the benefits of using the process to help address common parenting issues, and how the process can help build social and emotional skills in parents and their children at www.ParentingMontana.org.
- The parenting process is a way of interacting with your child that creates an environment for learning and growing. Learn about the parenting process at www.ParentingMontana.org.

Communication

- Learn how to engage in intentional communication with your child at www.ParentingMontana.org.
- Using intentional communication with your child can grow their social and emotional skills. Learn more about intentional communication at www.ParentingMontana.org.
- When parents use intentional communication with their child, it creates space to listen to one another and understand what the other person is feeling. Learn about this approach at www.ParentingMontana.org.
- ParentingMontana.org has guidance on what to do if your spouse or partner, grandparents, a teacher, or other important people in your child's life have different ideas about parenting. Visit www.ParentingMontana.org for more information.
- Do you and another important person in your child's life have different ideas about parenting? This can be positive! Different ideas can help your child navigate various perspectives and practices. Learn more at www.ParentingMontana.org.
- Conflict can happen within families. It is normal and expected, but if it is persistent and remains unresolved, it can be harmful. Learn what to do where there is high conflict between you and other important people in your child's life at www.ParentingMontana.org.
- Did you know that stress from a family-related conflict can also be felt by your child? www.ParentingMontana.org provides guidance on how to navigate high conflict situations between you and another important person in your child's life to reduce tension and stress.

Relationships

- Intentional parenting provides strategies for building a healthy parent-child relationship. Learn about this approach at www.ParentingMontana.org.
- A healthy parent-child relationship provides opportunities for parents and their children to learn and practice social and emotional skills. Learn more about developing a healthy relationship with your child at www.ParentingMontana.org.
- Intentional parenting is centered around parenting behaviors like having consistent and predictable rules. Learn more about intentional parenting at www.ParentingMontana.org.
- ParentingMontana.org has guidance on what to do if your spouse or partner, grandparents, a teacher, or other important people in your child's life have different ideas about parenting. Visit www.ParentingMontana.org for more information.
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Development

- What are child development screenings? Why are they important? When and where do they take place? How can they support my child's development? Get answers to your questions about developmental screenings at www.ParentingMontana.org.
- Developmental screenings help parents and those in a parenting role better understand their child's development and learn how they can support their child during the first years of their life. Learn more about the value of developmental screenings at www.ParentingMontana.org.
- Social and emotional skills can be taught and practiced in everyday situations. Learn about social and emotional development and ways to support it in your child at www.ParentingMontana.org.
- Ways to support social and emotional development in your child include building awareness of social and emotional skills, modeling the skills, and practicing the skills. Learn more at www.ParentingMontana.org.
- Social and emotional skills can support your child's happiness. Learn about ways to grow social and emotional skills in your child at www.ParentingMontana.org.
- Although our genes have some influence on how we develop, the relationship between a parent and child is one of the most important factors influencing their development. Learn more at www.ParentingMontana.org.
- Your role in shaping your child's development will change as your child gets older. Learn more at www.ParentingMontana.org.
- As a parent, you are one of the strongest influences in your child's life. Learn more about child development at specific ages www.ParentingMontana.org.

Risky Behavior

- Healthy risk taking is normal, and there are many ways you can increase the likelihood that your child will engage in healthy risk taking rather than dangerous risk taking. Explore healthy risk taking on www.ParentingMontana.org.
- Is all risk taking bad? The answer is no! Parents can support healthy risk taking in their child. Learn more about healthy risk taking at www.ParentingMontana.org.
- Do you worry about your child trying risky behaviors? Learn how to support your child in engaging in healthy behaviors at www.ParentingMontana.org.
- Individuals under the age of 21 are particularly susceptible to the negative effects of alcohol and may experience more harm from alcohol use than adults. Learn more at www.ParentingMontana.org.
- Most Montana parents (91%) disapprove of high school students drinking alcohol. Learn more at www.ParentingMontana.org.
- As a parent, you are an important influence in your child's life, and you play an essential role in your child's decision not to drink alcohol. Learn more at www.ParentingMontana.org.
- Alcohol has a greater negative impact on a teen's brain than on an adult's brain. This is because during the teenage years, the brain is going through significant structural and functional changes. Learn more at www.ParentingMontana.org.
- The teen years are an important time for the developing brain. Alcohol can negatively impact this developmental process. Learn more at www.ParentingMontana.org.
- The age at which a young person starts drinking alcohol matters in terms of the negative effects on their developing brain. Parents can greatly reduce these problems if they delay the age that their child starts drinking. Learn about ways to delay use at www.ParentingMontana.org.
- Knowing the underage drinking laws in Montana can help parents and those in a parenting role make informed decisions about what is best for their children. Learn more at www.ParentingMontana.org.
- Learn about Montana's underage drinking laws at www.ParentingMontana.org.
- Are you worried that your child/teen may be drinking alcohol? Don't panic. You are not alone. There are many resources and help available. Learn more at www.ParentingMontana.org.

- Explore the signs and symptoms of alcohol use, ways to talk with your child about concerns, and options for getting your child help at www.ParentingMontana.org.
- Does your child/teen share why they decided to use alcohol with you? It is important to listen without judgment and communicate the risks of underage drinking. Learn more about what to do if your child is using alcohol at www.ParentingMontana.org.

Discipline

- Disciplining your child in a way that allows for teachable moments is key. Learn more about disciplining your child to build their skills at www.ParentingMontana.org.
- What's the best way to discipline a child? There are ways to discipline your child that help build their important life skills. Learn more at www.ParentingMontana.org.
- What methods of discipline are most effective? Learn about discipline for skill building at www.ParentingMontana.org.
- Logical consequences are natural outcomes that result from a child's actions. Following through on logical consequences means that the adult guides the child to take responsibility for any harm caused or damage done. Learn more at www.ParentingMontana.org.
- Each time a child makes a poor choice is an opportunity to teach a vital life skill and cultivate a sense of responsibility. Learn more at www.ParentingMontana.org.
- By supporting social, emotional, and ethical skill development with logical consequences, parents can directly impact their child's decision-making skills and improve outcomes. Learn more at www.ParentingMontana.org.

Child Care

- Having trouble selecting a childcare provider? www.ParentingMontana.org provides guidance to help parents and those in a parenting role select a childcare provider that is right for your child.
- Selecting the right childcare provider is important because they can help provide a safe, stable, and nurturing environment for your child to grow and develop. Learn more about selecting a childcare provider at www.ParentingMontana.org.

Foster Care

- Have you been thinking about becoming a foster parent? www.ParentingMontana.org provides reflection questions, information, and tips to help you decide if becoming a foster parent is right for you.
- With many children and youth in foster care right now, there is a need for foster parents. There are a variety of things to consider when deciding if becoming a foster parent is right for you. Visit www.ParentingMontana.org for information to support your decision-making process.
- Becoming a foster parent is a big decision, and there are ways to prepare yourself and others around you. www.ParentingMontana.org provides guidance, tips, and suggestions to prepare for a child in foster care joining your family.
- Foster parenting creates changes in your life, and transitioning to a new role can be stressful, scary, and exciting all at the same time. Learn how to prepare yourself and others before a child in foster care joins your family at www.ParentingMontana.org.
- www.ParentingMontana.org provides guidance, tips, and suggestions about how to navigate the first 24 hours, the first week, and the first six weeks of having a child in foster care join your family.
- When a caseworker calls and says that they have a child ready to come to your home, you may be excited, nervous, and a little scared. That's normal! Learn how to navigate the first 24 hours of a child in foster care joining your family at www.ParentingMontana.org.
- Foster parenting can be challenging, and it's okay to recognize that it's hard. Respite care can benefit foster parents by providing a short break and a chance to renew their energy. Learn more about the benefits of respite care on www.ParentingMontana.org.
- Respite care not only benefits a foster parent but can also benefit a child in foster care. The child can learn independence and coping skills while having an opportunity to see the way another family lives. Visit www.ParentingMontana.org to learn more about respite care in Montana.

Marijuana & Other Drugs

- Are you worried that your child/teen may be using marijuana? You are not alone. There are many resources and help available. Learn more at www.ParentingMontana.org.
- Did you know that marijuana use before age 18 increases the likelihood of addiction? And marijuana use in teens is associated with mental health issues such as depression, anxiety, and psychosis. Learn more at ParentingMontana.org.
- Marijuana use during the teen years can damage the brain in long-lasting and even permanent ways like memory problems and lower IQ scores in adulthood. Find out how parents can guide their children to safe and healthy choices at ParentingMontana.org.
- Parents can prevent marijuana use in their teens by talking and listening to their teens, establishing clear rules, modeling positive behaviors, monitoring their activities, and clarifying misperceptions. See more at ParentingMontana.org.
- Teens who learn about the risks of drug use from their parents are less likely to use drugs than those who don't. Learn more about the important role you play in your teen's choices at ParentingMontana.org.
- Possession and consumption of marijuana is illegal for those under age 21 (unless they are a medical marijuana card holder), and there are legal consequences for adults who provide to anyone under age 21 as well. See more about the marijuana laws in MT at ParentingMontana.org.
- If you are worried that your child/teen is using drugs, prepare to have a conversation with your child/teen where you can gather information, listen to your child/teen, and share your concerns. For more information about having intentional conversations with your child visit ParentingMontana.org.

Kinship

- As a grandparent raising a grandchild, ParentingMontana.org has a 5-step parenting process to help address simple and challenging issues and develop your child's skills to manage their emotions and help them make good decisions.
- ParentingMontana.org has information and tools for children at every age and for parents and those in a parenting role like grandparents raising a grandchild.
- Parenting Montana.org provides parents and those in a parenting role like a grandparent raising their grandchild with ways to build the skills their child needs to be successful.

Calm Down Strategies

- Developing healthy ways to calm down gives parents and children tools to manage their feelings. Once calm, parents and children are able to communicate in healthy ways, strengthen relationships, and solve problems together. Learn more at ParentingMontana.org.
- When parents and those in a parenting role take their own break to calm down, they model emotional regulation. Find a list of ideas for calm down strategies on ParentingMontana.org.
- When children identify and practice calm down strategies, they are more likely to use them when big feelings arise. ParentingMontana.org has examples of calm down strategies for children as well as guidance for parents to help their children realize the strategies that work best for them.
- ParentingMontana.org has a resource with ideas of calm down strategies for parents and children. From identifying and naming feelings, deep breathing, and getting outdoors, to different ways of calming your mind and your body, this is a valuable tool parents can quickly access.

Empathy

- The ability to understand what someone else is feeling requires that your child first be able to identify and recognize their own feelings, which is not always easy. It takes practice. Learn more at ParentingMontana.org.
- Children have a natural capacity for empathy, but like most skills their emerging empathy must be cultivated and encouraged. A good place to start is by asking questions and prompting their thinking. Learn how at ParentingMontana.org.
- Empathy is essential for your child to experience happy, healthy relationships. It allows for emotional connection to others beginning early with family and friends and extending as they develop into successful school, work, social, and even romantic relationships. Learn how to grow this skill at ParentingMontana.org.
- ParentingMontana.org has a five-step process that helps you and your child build skills in empathy as well as other important life skills. The same process can be used to address other parenting issues as well.

Parent Wellbeing Podcasts

- ParentingMontana.org has podcast episodes about taking care of your own health and wellbeing, improving your relationship with your parenting partner, and supporting your child's physical and mental health. See more at ParentingMontana.org.
- The ParentingMontana.org podcast episodes are informative, relatable, and you can tune in whenever you have time. Listen to conversations about how you can be at your best as a parent by taking good care of your wellbeing.
- Montana parents want what is best for their children, which means parents need to be at their best. The podcast episodes on ParentingMontana.org are helping parents remember to take care of their own health and wellbeing so that they can help their children succeed.



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