

Calm Parents, Healthy Kids

Calm Parents, Healthy Kids is an interactive role-play simulation that builds the skills of parents to be responsive to their 2- to 5-year-old child in a calm and loving way during a series of stressful everyday situations, such as a tantrum in the supermarket or a fight with another child on the playground.

Learning Objectives

- ✓ Learn to prepare for situations that are likely to involve parent-child conflict
- ✓ Learn to acknowledge your emotions toward the child to respond appropriately
- ✓ Learn to limit consequences to those that focus on the child's behavior and their sense of safety or self-esteem
- ✓ Learn to de-escalate situations and draw attention to the desired behavior instead of the undesired



Learners interact with Virtual Humans through interactive conversations



Market
PK-12



Audience
Caregiver and Parent/Guardian



Topic
Communication Skills



Duration
30 Minutes



Overview

In family settings, potentially traumatic events in childhood now known as Adverse Childhood Experiences (ACEs) can have negative, lasting effects on health and well-being later in life. Developed with the support of the Robert Wood Johnson Foundation, this solution builds the capacity of parents and guardians to apply effective parenting techniques that help improve family relationships and reduce ACEs.



In *Calm Parents, Healthy Kids*, users assume the role of a parent and engage with virtual children ages 2-5 in four stressful everyday scenarios. Users try different approaches to see what works best and have access to customized national, local, and school-specific resources in addition to simulation content.

Features

- ✓ Emotionally-responsive virtual humans

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– Dr. Roina Baquera, Director,
Health and Physical Education Department



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