

Follow Along

Principles for Raising Happy, Healthy, & Resilient Children

1. Implement Routines & Schedules
2. Demonstrate Understanding
3. Praise Positive Behavior
4. Help Label Feelings
5. Set Limits & Follow Through
6. Respond vs. React
7. Model Appropriate Behavior
8. Play & Follow Your Child's Lead
9. Celebrate Your Child's Strengths
10. Take Care of Yourself

Notes



What are some ways you already implement schedules and routines with your child?

What are some ways that you demonstrate understanding?

How do you celebrate your child's strengths?

Name one way that you practice self-care.

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