

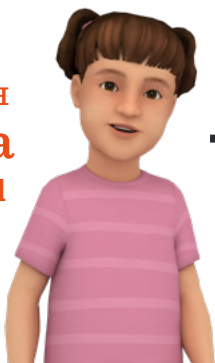


# Calm Parents, Healthy Kids

This interactive simulation for parents of children ages 2-5 builds skills to respond to your child in a calm and loving way during a series of stressful everyday situations.

- Learn to prepare for situations that involve parent-child conflict
- Learn to acknowledge emotions toward your child in order to respond appropriately
- Learn to limit consequences and focus on your child's sense of safety and self-esteem
- Learn to deescalate situations and draw attention to desired behavior

TALK WITH  
**Sophia**  
4-year-old



TALK WITH  
**Jaden**  
2-year-old



TALK WITH  
**Matthew**  
4-year-old



## To access simulation:

1.

Visit  
[Alamo.Kognito.com](https://Alamo.Kognito.com)

2.

Create account

3.

Launch  
Calm Parents, Healthy Kids