

Parenting Strategies | Ages 6-12



Household Rules and Routines

- Clear expectations for behaviors
- Framed positively. Apply to everyone in the family
- Link with rewards and/or consequences
- Display in a place where everyone can see
- Keep track each day. Laminate/dry erase and use stickers
- Review progress weekly. What went well? How to improve? Modifications?



Reward Ideas

- Screen time
- Later bed time
- Make favorite breakfast/meal
- Pick music in the car
- Pick movie for family movie night
- Pick game for family game night
- Special 1:1 activity
- Parent does chore for child
- Free day of no chore
- Allowance
- Toy/app
- Special outing



Screen Time

- Even when content is educational, too much screen time changes the brain, mood, and behavior
- It's important for kids to have daily limits - scientists suggest under 1 hour for kids under 6, and under 2 hours for older kids



School Success IEP vs. 504

- An IEP describes services that your child receives in a special or regular education setting. It includes specific goals for them to work on during the year. It describes support needed to achieve them, including school-based therapies and specially designed instruction
- A 504 plan is different from an IEP. A 504 plan is a list of accommodations that a student needs in their regular education classroom

Parenting Strategies | Additional Resources



Rady Children's Health website provides resources to connect families to a comprehensive network of mental health services, crisis support, and educational guides tailored to the emotional and behavioral well-being of children and teens. Learn more at www.rchsd.org/programs-services/behavioral-health/resources or scan the QR code.



Growing Minds is a family-centered program that provides parents and caregivers of children ages 0-8 with educational videos and interactive tools to build healthy habits, strengthen parent-child interactions, and support overall family well-being. This resource, developed by Rady Children's Hospital, offers practical guides and expert-led content aimed at fostering child health and development. Learn more at mygrowingmind.com or scan the QR code.



City of San Diego website. Discover your neighborhood Recreation Center! From fitness and sports to youth programs and events, there's something for everyone. Get involved, stay active, and connect with your community.



The YMCA of San Diego County helps individuals and families thrive through programs that strengthen community, health, and well-being.



San Diego Parks Foundation. Come Play Outside is a free summer program offering fun, safe activities for kids and families. From camps and swim lessons to movies and events, it brings communities together across local parks and recreation centers.



Kids at Heart provides free one-on-one tutoring and mentoring for K-12 students, helping them strengthen academic skills, build confidence, and succeed in school.



First Approach Skills Training (FAST) programs are designed to provide brief, evidence-based behavioral therapy for youth and families with common mental health concerns, in settings such as primary care clinics or schools where longer-term treatment is not typically provided.

