

Common Sense Parenting Program

Do you often find yourself repeatedly asking your child to pick up their clothes or make their bed?

Are you looking for specific skills and strategies to help you feel more confident and effective as a parent?

Do you want to empower your child and enjoy more of the rewarding moments of parenting?

If you answered “yes” to any of these questions, Common Sense Parenting can help!

Developed by Boys Town and backed by years of research, this proven program offers a step-by-step guide to raising responsible children. It provides practical tools and strategies for parents to build strong, healthy families.

The South Dakota Department of Social Services' Division of Child Protection Services is proud to offer this program to help parents create homes that are more peaceful, enjoyable, and safe for the whole family.



Scan QR Code or visit
[dss.sd.gov/childprotection/
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Common Sense Parenting

Helping Parents Build
Strong, Healthy Families

*For Parents of Toddlers, Preschoolers, and
School-Aged Children.*



Topics Covered

The Common Sense Parenting program offers practical tools and strategies to address key parenting challenges, including:

- Positive and Negative Consequences: Understanding how to guide behavior effectively.
- Staying Calm: Managing emotions during stressful parenting moments.
- Teaching Self-Control: Helping children learn to regulate their behavior.
- Parents as Teachers: Empowering parents to be proactive role models.
- Preventive Teaching: Equipping children with skills to avoid problems before they occur.
- Corrective Teaching: Addressing issues with constructive solutions.
- Understanding Behavior: Recognizing what behavior is and how to respond to it.
- Clarifying Discipline: Exploring the purpose and role of discipline in parenting.
- Effective Praise: Reinforcing positive behavior to encourage growth.
- Family Meetings: Creating opportunities for communication and connection.

Learn How To

- ✓ Reduce family stress and create a more harmonious home environment.
- ✓ Support your child's success in school with practical strategies.
- ✓ Diminish yelling, fighting, and other conflicts.
- ✓ Address and reduce problem behaviors effectively.
- ✓ Strengthen and enrich your relationship with your child.
- ✓ Boost your confidence as a parent while fostering your child's self-esteem.

The Common Sense Parenting program is designed for:

- ✓ First-time parents of toddler and preschoolers school-aged children.
- ✓ Experienced parents looking to enhance their parenting skills.
- ✓ Caregivers navigating their child's developmental and adolescent stages.

Other caregivers, such as grandparents, foster parents, and guardians, can also benefit from the tools and strategies provided in this program.



Parenting Education Partners

In South Dakota, parents, caregivers, policymakers, and community professionals work together to provide families with the support and education they need to thrive. Together, we help strengthen families and ensure children grow up in safe, healthy, and nurturing environments.

Six Protective Factors

These essential elements support the well-being of children and families:

- Nurturing and Attachment: Building strong emotional bonds between parents and children.
- Knowledge of Parenting and Child Development: Understanding your child's growth and needs.
- Parental Resilience: Developing the ability to overcome challenges and stress.
- Social Connections: Building a supportive network of family, friends, and community.
- Concrete Supports for Parents: Accessing essential resources and services in times of need.
- Social and Emotional Competence of Children: Helping children develop healthy relationships and emotional skills.