



# NC SEEDLING



Study to  
Explore  
Early  
Development

North Carolina  
**SEED**

UNC-CH, Department  
of Epidemiology

Summer 2021

[www.NCSEED.org](http://www.NCSEED.org)

## NOTES

- NC enrolled 424 families
- All 6 sites enrolled 2691 families
- Enrollment has ended
- We are so grateful for your participation!

## Modeling for Success

Children learn by watching others. In order to focus on developing positive behaviors (sharing, manners, turn taking, expressing emotions), it can be helpful for children to see these behaviors in action. Below are some tips for modeling good behavior.

### Point Out Positive Behaviors

Draw attention to others who are demonstrating the skills you want your child to develop.

*"Oh look, Yi is sharing her snack with Brody. That is so nice!"*

*"That was nice that Daddy said sorry for accidentally bumping into me."*

*"Tanisha and Devin are doing a great job taking turns on the swing."*

### Model Good Behaviors

Demonstrate what you want to see your child do. During play time, make a point of sharing some toys while saying:

*"Here, you can have some of my cars to play with."*

*"Let's share, you can have some of my blocks."*

### Show How You Express Emotions

*"You put your toys away, that makes me so happy!"*

*"I'm so frustrated my phone won't work, but I can take some deep breaths and stay calm."*

### Help Your Child Express Feelings

*"It looks like you are really mad right now. I know it's hard to turn the video off. But you can watch it again tomorrow."*

For additional information on shaping behavior see:

["Bring Out the Best in Your Children"](#)



## Sugar Free Freezer Pops

Looking for a refreshing summertime treat that is also healthy?

Try pureeing fruit that has a high water content to create freezer pops. Fruit that is ripe will be naturally sweet and won't need sugar added.

### Instructions

Add cubed fruit to blender.

Blend until completely liquid, adding a little water if needed.

Pour the liquid fruit into ice pop bags and freeze.

### Fruit Suggestions

- watermelon
- orange
- pineapple
- cantaloupe
- strawberry
- peaches

Mix and match your child's favorites to make their own special blends.

