



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

The Oklahoma Department of Mental Health and Substance Abuse Services is sponsoring online training programs and resources to address topics including recognizing and responding to mental and emotional distress among youth and adults; improving resilience; and preventing mental and emotional distress responses.



OKLAHOMA
Mental Health &
Substance Abuse

TALK WITH
Sophia
4-year-old



TALK WITH
Jaden
2-year-old



TALK WITH
Matthew
4-year-old



To access simulation:

1.

Visit

<https://kognitocampus.com/>

2.

Create account
using Enrollment Key

okparent

3.

Launch
Calm Parents, Healthy Kids

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<http://ok.gov/odmhsas/>