



**SAN FRANCISCO
HEALTH PLAN™**

Here for you

Parenting

There are many different ways to be a good parent. Many parents like to use the “**RPM3**” method to help them be good parents. It stands for **R**esponding, **P**reventing, **M**onitoring, **M**entoring, and **M**odeling.

Responding

Respond, don't react.

- *React* means you act based on the first feeling that comes to mind. You don't think before you say or do something.
- *Respond* means that you think before you speak, feel, or act. Responding is much harder than reacting because it takes more time and effort.

Respond appropriately.

- Think about how strong your reaction should be. For example: the best response for a child running depends on whether that child is running into a busy street or running to the swing set on the playground.



Preventing

Prevention is more than just saying “no” or “stop.” There are two parts to good prevention:

1. Spot possible problems.
 - Be actively involved in your child's life.
 - Set sensible limits and enforce them every time.
2. Learn how to work through problems. Ask others for help. Some good places for parenting help:
 - Other parents and support groups
 - Family members and relatives
 - Pediatricians, school nurses, and therapists
 - Social workers and agencies
 - Religious leaders such as pastors, priests, rabbis, and ministers

For more information call Customer Service at **(415) 547-7800** or visit **www.sfhp.org**

Free 24/7 Nurse Help Line (877) 977-3397



**SAN FRANCISCO
HEALTH PLAN™**

Here for you

Monitoring

It is important to monitor your child and his or her surroundings, like their friends and school environment.

Being an active monitor can be simple:

- **Who** is your child with?
- **What** do you know about the person(s) your child is with?
- **Where** is your child?
- **What** is your child doing?
- **When** will your child be home/leaving?
- **How** is your child getting there/home?

Mentoring

Being a mentor means that you are actively involved in your child's life. As a mentor you help your child learn about himself or herself, how the world works, and his or her role in the world.

The most important part is spending time with your child. Some good mentoring activities:

- Going to the grocery store
- Walking around your neighborhood, or visiting the park
- Going to a museum
- Visiting friends or neighbors
- Playing a sport or game that your child likes



Modeling

Being a model means that you use your own words and actions as examples for your child. Children learn more from **the way** adults speak and act than from how they are **told** to speak and act. It is important to "role-model" good behavior and good relationships for your child.

- Show respect for other people, including your child.
- Don't just tell your child not to shout at you; don't shout at your child or at others.
- Find things that you wouldn't want your child's role model to do, and make sure you aren't doing them.

Raising children is both rewarding and challenging. Remember that nobody is perfect. Successes *and* mistakes are part of being a parent.

Source:

"Adventures in Parenting," National Institute of Child Health and Human Development, National Institute of Health, www.nichd.nih.gov

For more information call Customer Service at **(415) 547-7800** or visit www.sfhp.org
Free 24/7 Nurse Help Line (877) 977-3397