

Do you ever feel frustrated with your child?

Have you experienced problems with getting your child to:

- sleep
- eat
- get dressed
- take a bath
- follow directions
- calm down
- sit quietly
- get into the car
- go on errands with you
- allow you to change their diaper



If so, **HOT DOCS** may be for you!

What is **HOT DOCS**?

- Stands for "Helping Our Toddlers, Developing Our Children's Skills"
- 7-week parent training program led by USF Pediatrics

Families Report that **HOT DOCS**:

- Highlights their ability to help their own children
- Inspires them by sharing success stories
- Provides strategies that work immediately
- Promotes development of social supports
- Encourages problem-solving with peers
- Guides parents to develop their own support plans
- Coaches parents with implementing their support plan
- Teaches them to problem solve their child's behaviors

Sounds too good to be true? Check it out for yourself!

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