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!

University of South Florida
Division of Child Development
13101 Bruce B. Downs Blvd.
Tampa, FL 33612-4799
Phone: 813-974-0355
Fax: 813-558-1343
E-mail: cortiz@health.usf.edu