

Parenting #1

Positive Parenting

Key Concepts and Exercises

Positive attention: Notice the behaviors that you want more of. If kids aren't getting positive attention, they may test you or behave poorly to get attention. **Exercise:** Plan for "time in", maybe 5 minutes each day for a special activity. It's best to let your child pick and lead the activity. When you are with them describe and reflect what they are doing: "I see how fast you're running around the play set."

Praise: We all like to be told when we're doing well! Catch kids doing good things and specifically what you like! **Exercise:** Catch your child doing well. Set a goal for how often you praise them. Consider a 5 to 1 ratio (5 praises to every correction).

Rewards: Just as adults get paid for working, kids respond well to prizes for good behavior. Consider small rewards when working on a new or challenging skill.

Positive Parenting - Cleaning up Toys

Mom gives specific praise. Then mom gives directions.



Mom and Melissa play together for 2 minutes.



That was fun to play together! Now it's time to clean up. You can pick your bedtime book after we clean up.



Mom gives specific praise. She gives instructions and lets Melissa know the plan.

Great job cleaning up, Melissa! I love this book. Let's snuggle in your bed. I'll read it and then you can sleep.

