

TIPS FOR POSITIVE PARENTING

Building Self Acceptance:

- “Catch” your child being good
- Give praise for trying, not only for succeeding
- Include your child’s opinions when making plans or decision
- Give your child age-appropriate responsibilities so they feel useful
- Show your love. Say “I love you.” Give hugs; have fun together
- Accept children for who they are-no one is perfect, not even you
- Encourage hopes, dreams and curiosity

Promoting Good Communication:

- Be honest and encourage your child to be honest with you
- Use good eye contact; stop and give them your attention
- Take time to LISTEN
- Use language your child understands
- Encourage your child to ask questions for clarification
- Realize that mistakes are part of learning
- Admit your own mistakes and help your child admit theirs

There’s no such thing as a “BAD” child, only unacceptable behaviors or choices.

Behavior Management:

- Establish predictable patterns of behavior with your child.
- Be consistent and fair with rules, expectations and consequences
- Take your child’s age and abilities into consideration
- Be sure all caretakers use the same behavior management and have the same expectations of your child
- Ensure that consequences for behaviors “fit the crime”
- Allow “natural consequences” to take their course when possible
- Ignore inappropriate behaviors while focusing on positive ones
- Follow through on both rewards and consequences
- Use logical consequences to teach a lesson, not vent your anger
- Offer rewards for positive behavior

Creating Positive Role Models:

- By your actions, teach your child tolerance
- Set a good example. Children learn from HOW you act, as well as by WHAT you say
- Treat your children with the respect you wanted as a child
- Demonstrate appropriate ways to disagree, to be angry, or be fearful
- Teach your children problem-solving by letting them see YOU do it
- Care for yourself in the same way that will appropriately influence your child