

10 TIPS FOR POSITIVE PARENTING

- 1. Children are not their behavior.** When you need to correct a behavior, remember that it is the behavior that is wrong, never the child.
- 2. Give lots of positive attention.** This decreases the likelihood that they will misbehave for attention.
- 3. Praise your child for positive behavior and be specific.**
Example: "Thank you for cleaning up. You're a great helper."
- 4. Talk to children about rules in the house and consequences for misbehavior** prior to instituting new plans for discipline.
- 5. Respond to misbehavior immediately, consistently, and with consequences that match the misbehavior.** *Example:* If a child knocks over a cup and spills their drink, they need to clean it up.
- 6. If your child is misbehaving with an object,** take it away for 5 to 30 minutes. Then return it and explain how to behave appropriately with it. Children need the opportunity to try again.
- 7. Whenever you tell your child to stop,** tell them what they could start doing instead. *Example:* "Stop jumping on the couch. You can jump on the floor."
- 8. Ignore attention seeking behavior that is not harmful.** *Example:* Ignore noises you don't like, then praise the next positive behavior you see.
- 9. Don't punish a child when angry.** Take a deep breath to calm down and increase the likelihood you will respond in a more positive way.
- 10. Don't assume misbehavior is intentionally meant to aggravate you.** Children are learning to navigate their world with limited understanding of how things work, skills to manage, and vocabulary to explain, which can result in misbehavior.



10 GREAT WAYS TO PRAISE YOUR KIDS

1. "Thank you for doing as I asked."
2. "Thank you for **following instructions.**"
3. "You're a **great helper.**"
4. "You're so **curious and interested** in the world around you."
5. "You're so **kind and thoughtful.**"
6. "You're **working** really hard."
7. "I really **appreciate you** and your efforts."
8. "I'm so **proud** of you."
9. "You have such **great energy.**"
10. "It's a **pleasure** spending time with you."



Phone: 201-291-6264

Email: Thrive@ValleyHealth.com

ValleyHealth.com/Thrive

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