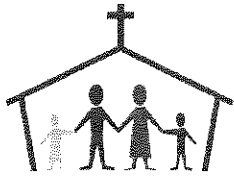


Tips for Positive Parenting

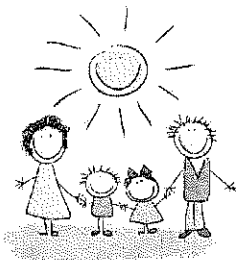
Positive Parenting focuses on parents communicating clear, reasonable expectations to their children. Parents utilize praise and reinforcement to get the desired behaviors from the child. When Parents utilize this "positive" view, it helps foster a child's individual personality and creates an environment where the child is viewed as a unique individual, just like Mom and Dad! Positive Parenting shifts the focus from using shame as a means of shaping behavior and controlling children, to a new perspective where Parents help guide children to control themselves.



So now that you know what Positive Parenting is, how do you get started? The following are some simple tips for Positive Parenting:

Be a good Role Model – Your child learns from the example you set. Children are natural observers. They are constantly soaking in their environment and will easily re-enact what they see those closest to them do.

Give your child praise and hugs, and say, "I love you" often – Children never get tired of affection from parents or caregivers! Praise them, and praise them often. Catch them being good! Hugs and "I love you" are worth their weight in gold to children. Fill their cups with love, every chance you get!



Set simple rules and consequences, and enforce them consistently – Children crave structure. Provide simple rules appropriate for the child's age, and consequences for when rules are broken. Enforce these simple rules and consequences every time. Your child will understand that rules are a part of life and are needed to ensure order and safety.

Discipline fairly, firmly and from a place of Love – They key to discipline is to help the child understand to obey rules or a code of behavior. Figure out which discipline techniques work for your individual child and use positive, loving, firm methods.

Always show respect for your child's thoughts and feelings – Children learn respect and how to respect from parents and caregivers. Show them that the thoughts and feelings they have matter. Listen to them, allow them to healthily express any and all feelings or thoughts.

Spend a lot of time with your child, no matter how busy you are – We are busy! Between work, family, and life in general, it is chaotic. Slow down and color that coloring sheet with your child. Play a

board game. Go on a walk. Have that ice cream cone, or simply laugh and giggle with them on the couch!

Know what's going on in your child's life, both at school and with friends – Be involved. Know who your children's friends are, their teachers, coaches, anyone! Create an environment where your children share daily details of their lives.

Work on challenges as a family – Conduct regular family meetings. Allow children to voice any concerns or add their input. This lets them know that they are a valued member of the family.

Hold your child accountable – If your child gets in trouble, let your child deal with the consequences. The only way anyone can grow is if they are able to make mistakes and learn from them. Sit and talk with your child throughout the situation.



Focus on the goal – In Positive Parenting the emphasis is on focusing on what you want the child to do. Instead of saying, "Don't run!" try, "Walk slowly". Just a simple matter of changing our tone as parents. Focus on the positive desired behavior.

Encourage daily learning outside of school – Utilize every "Teachable Moment" you can! Have children who are learning to read, read billboards out loud as you drive. Have children count how many trees they see on your walk. Let them help prepare meals, children make excellent measurement helpers and recipe readers!

Make sure your child gets enough healthy foods, exercise, and sleep daily – Set out healthy, nutritious snacks. Ensure well-rounded meals are served. Encourage at least 30 minutes of activity daily for you and your child. Send your child to bed at a decent hour to ensure they get the proper amount of sleep for their age.

Keep your sense of humor and manage stress in healthy ways. If you feel overwhelmed, arrange for some outside help – We cannot survive the stressors of parenthood if we can't laugh about it!



Find ways to cope with stress; exercise, read, go for a drive with the radio on full blast! Take care of yourself to ensure you're caring for your child. We cannot raise children without our Village. Utilize your Village, whether it is family, friends, Church family, Sports family, just be sure to ask for help when you need it.