

POSITIVE PARENTING

July, 2021

Developing positive relationships with your children is a foundation for effective parenting. To develop good relationships, parents need to know how to interact with their children in positive and healthy ways. The following tips can be helpful with a child of any age.

When Playing with Children....

1. Let the child choose the activity.
2. Let the child set the pace.
3. Engage in role-play and make-believe with the child.
4. Praise and encourage the child's ideas and creativity.
5. Be an attentive and appreciative audience.
6. Curb the desire to give too much help; encourage the child's problem solving.
7. Enjoy the experience and don't focus on outcomes—give the child time to think and explore.
8. Minimize competition with children.
9. Don't criticize.

When Praising Children....

1. Don't worry about spoiling children with praise.
2. Catch the child when he or she is being good—don't save praise for perfect behavior.
3. Make praise contingent on positive behavior.
4. Praise immediately.
5. Give labeled and specific praise.
6. Praise with smiles, eye contact, and enthusiasm.
7. Give pats, hugs, and kisses along with verbal praise.
8. Praise in front of other people.
9. Praise wholeheartedly, without qualifiers or sarcasm.

Primary Care Behavioral Health