Encourage Positive Behaviors

Reduce Challenging Behaviors by Promoting the Positive!

**Catch the Good and Narrate Your Child’s Play!**

**Catch the Good**—Be on the lookout for positive behaviors (instead of negative) and be ready to praise every time. “Thank you for playing so gentle with your toys!”, “I love how you said thank you to Grandma.”

**Narrate Their Play**—Act like a sports caster giving them the play-by-play. This helps children take notice of what they are doing. “What nice manners. Sitting there with your hands in your lap, so quietly and waiting your turn.”

**How Full is Your Child’s Bucket?**

Imagine your child has a bucket that must be filled with positive experiences, such as recognition or praise. One negative experience removes positive outlooks from the bucket within your child. Using a 5:1 ratio (five positives for one negative) fills not only your child’s bucket but your bucket as well.

**Fill my bucket by...**

+ Showing interest in my ideas
+ Laughing at my jokes
+ Letting me take the lead
+ Giving away control and saying yes when you can
+ Complimenting me “secretly” to another adult
+ Taking time to play or read with me

**My bucket begins to drain when...**

- I feel tired, hungry or sick
- I sit still too long and need physical activity
- You say “No, don’t, stop” or use a loud voice
- Too many demands are placed on me
- You take away all my independence
- I can tell you are frustrated or aggravated

**Be Your Child’s #1 Fan! Everyday.**

“I’m so excited to see you every morning; it starts my day off just right!”

“What a great idea, I’m so proud of you!”

“You are being such a good friend by sharing those toys!”

“Wow, you are so creative!”

“I can see how hard you are trying, you are such a hard worker.”

“Hmm...what an interesting question. You are so curious.”

“I love you.”

Encourage Positive Behaviors is part of Connect the Dots.

To learn more about Connect the Dots, visit www.kentuckycchc.org