



## POSITIVE PARENTING PROMOTES POSITIVE CHOICES



### 5 KEYS THAT HELP PARENTS TO:

- :: Catch Problems Early
- :: Build Confidence
- :: Promote Cooperation
- :: Reduce Conflict
- :: Provide Safe Boundaries
- :: Teach Responsibility
- :: Encourage Positive Behavior



### 1. COMMUNICATION

Ask questions showing interest and concern. Encourage problem solving and thinking.

**DO:** “That sounds like a difficult situation. Were you confused?”

**DON'T:** “How do you get yourself into these situations?”

**Listen (really listen) & observe** without accusing.



### 2. ENCOURAGEMENT

**“You can do it!” “You have good ideas!” “You are important!”** Young people will believe these things about themselves if you say encouraging words and back them up with actions such as:

Help them break problems down into smaller parts. Remind them of their strengths and past success. Ask them to share their opinions and feelings. Remember things they’ve told you. Make time for them each day. Display things they’ve made and recognitions they’ve received from school or the community.

**AVOID** discouraging practices such as being sarcastic or negative about their ability to be successful, comparing siblings, taking over when their progress is slow, or reminding them of past failures.



### 3. NEGOTIATION

**When?** Choose an unemotional or regularly scheduled time (not in the middle of a problem).

**Where?** A neutral place with few distractions.

**How?** State the problem neutrally. Be specific. Start with small parts of the overall problem. Recognize positive behavior. Accept part of the responsibility. Restate what you hear while showing you understand. Stop if you get too upset. (Resume conversation within 24 hours.) Brainstorm possible solutions together. Evaluate list of ideas together. Combine ideas if needed in order to choose a solution agreed to by all.



### 4. SETTING LIMITS

**Step 1 - Setting Rules:** Make clear, simple, specific rules. Make sure your child understands them. Have a list of consequences. **\*Tips to effective consequences:** Smaller is better. Avoid consequences that punish you. Enforce consistently. Remember testing limits is a natural part of growing up.

**Step 2 - Following Up:** Offer encouragement when rules are followed. Give a consequence when rules are broken.



### 5. SUPERVISION

**Be in the know!** Know your child's friends and their parents. Communicate regularly with other adults that interact with your child at school and in your neighborhood.

**Check up!** Call the phone numbers your child has given you for how to contact the people they'll be with. Make random visits occasionally.

**Be Consistent!** Know your child's schedule. Call at varying times. Require they check in with you. Stay involved.



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