



PARENTING TIPS

Community Health of Central Washington

WHAT CAN I TRY?

- **Give lots and lots of clear positive praise.** Praise exactly what you want more of!
 - Try: *“Thank you so much for picking up your toys”*
 - When you only say “good job,” your child will not know what exactly they are doing correctly – so be specific
 - “Where you give your attention, is what you’ll get more of”
- **Active ignore/Planned ignoring.** Ignore what you **don’t** want
Do not ignore dangerous behaviors (hurting self or others)
 - Try: Child is crying (not hurting self) on the floor & yelling they want ice cream. Turn your back, avoid eye contact & ignore until they calm down. After calming down, use praise, *“thank you so much for being calm”*
- **Positive 1 on 1 time (1 parent & 1 child):** Set aside 15-30 minutes weekly
 - Give lots of praise & **avoid asking too many questions or giving commands**
 - Do **NOT** use this time as a reward or consequence
- **Practice making requests that work!**
 - Figure out what you **want** versus what you **don’t** want in your kids’ behavior...
 - Try: *“Please use your quiet voice”*; **Not helpful: “Stop yelling”**
 - Be direct in your requests, unless it is truly optional
 - Try: *“Please pick up your toys”*; **Not helpful: “Will you pick up your toys?”**
 - Try the **“When...then...” approach.** When you (action/behavior you want), then you can/get (something the child would like)
 - *“When you finish your homework, then you get time to play video games”*
 - Say what you’ll do, NOT what your kid will do (as you cannot really control that)
 - Try: *“If you decide to leave your toys on the ground, I will take them”*
 - **Not helpful: “You will pick up your toys!”**



MORE PARENTING TIPS!

- **Put yourself in your child’s shoes to understand their behavior.** Work to contain your emotions & yell less. Try: using deep breathing or taking a short time out
- **Get in-tune with your child’s feelings.** Try: *“I can see you’re upset because you didn’t get to go outside”*
- **Make clear rules.** Try: Post house rules where everyone can see them
- **Reduce lecturing as kids’ brains turn off when you do!** State what went on & what’ll happen. Try: *“You didn’t eat your veggies, so you can’t have ice cream”*
 - **Only say what you’ll really do, don’t make empty threats**
 - Try: *“I won’t buy you a new toy if your room is not clean”*
 - **Not helpful: “I’ll never buy you toys again if you don’t keep them clean!”**

