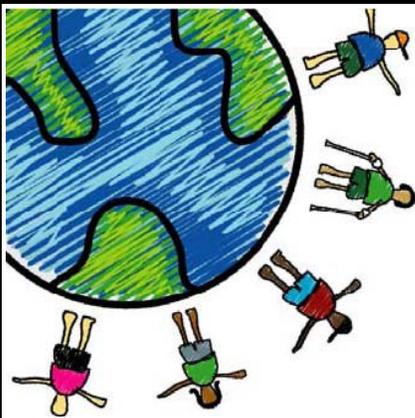


## Catch Your Child Being Good

Try giving specific, positive attention to the behaviors you WANT to see, and less time telling your child what he should NOT do.

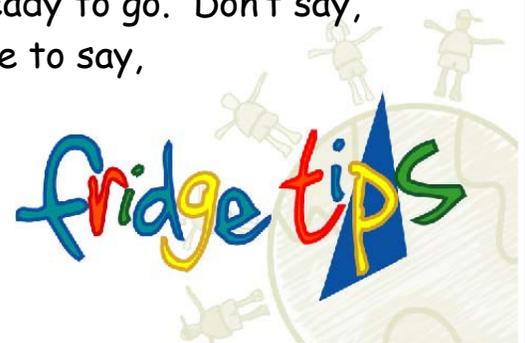
- 🌍 "Manuel, it makes Grandma so happy to see you eating your dinner like a big boy!"
- 🌍 "I see you playing so nicely with your little Sister. Give me five!"
- 🌍 "You remembered to flush the toilet, and you washed your hands!"
- 🌍 "You used your words to ask for a turn. Way to go!"



## Clearly State Your Expectations in Advance

Your child cannot read your mind. Be sure to give one clear instruction at a time so she knows what it is you want her to do.

- 🌍 Don't just tell your child to "clean up," but rather you might want to say, "Here is the toy box; put all the blocks in it."
- 🌍 The bus is waiting out front, and your child is not ready to go. Don't say, "Hurry up and get ready." A better approach may be to say, "You put your shoes on, and I'll get your backpack."
- 🌍 When running errands with your child, be clear about what you will and will not be buying BEFORE entering the store.

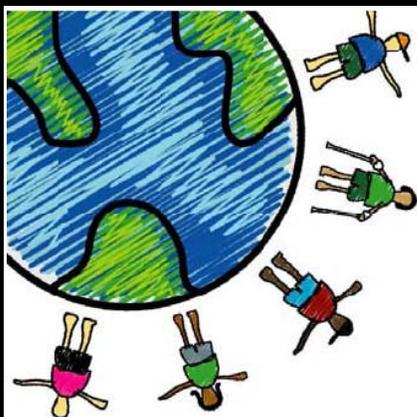




## Use Neutral Time

Neutral time is when everyone is calm enough to think, talk and listen. It's important to remember neutral time can occur either before or after an unacceptable behavior occurs.

- 🌍 Getting Emma to brush her teeth has become increasingly challenging. As you finish reading a book together, you say, "It's almost time for bed. Tonight we are going to brush our teeth together. It will be fun!"
- 🌍 Following a failed trip to the playground, you have a conversation with your child at bedtime. "I know you were sad that we had to leave the playground, but throwing rocks is not okay. What could you try next time?"



## Offer Limited, Reasonable Choices

Children are not born with the ability to make decisions and accept the consequences. When you sense a refusal coming on, provide two acceptable choices.

- 🌍 When you offer choices, don't do it angrily, but more matter-of-fact or in an encouraging manner.
- 🌍 "Do you want to pick up the blocks or the books first?"
- 🌍 "Do you want to climb into the car seat by yourself, or should daddy help you?"
- 🌍 "Do you want carrots or beans with your sandwich?"





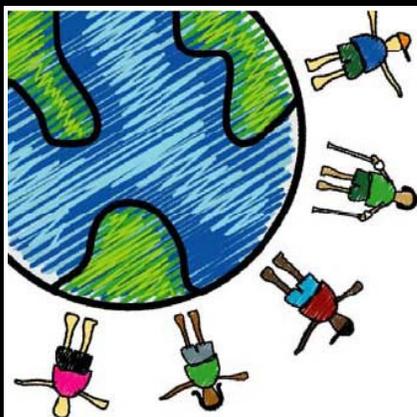
## Plan Ahead

Try to anticipate what your child may do or need in various situations.

Make sure you plan ahead to set your child up for success.

Always have a backup plan!

- 🌍 Keep a few small toys and a snack available for those days when you run into traffic or the bus is late.
- 🌍 Go to bed early the night before especially busy, active days.

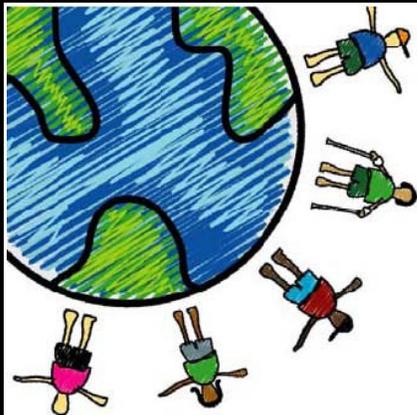


## Keep Your Expectations Realistic

Know your child's abilities and limits. When you expect too much or too little, it can lead to frustrations for both of you.

- 🌍 Recognize your child's attention span. Plan for "wait times" when at the doctor or at a restaurant.
- 🌍 When your child is learning a new skill, like toileting or dressing, don't expect independence right away. Give your child a little less help each day.
- 🌍 When playing with new toys, be ready to help.

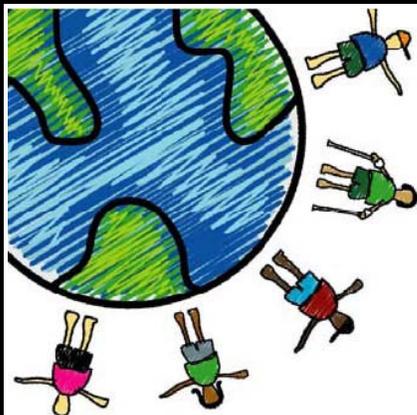




## Stay Calm

The more out of control your child becomes, the more self-control you need to show. When you remain calm, your child learns appropriate ways to respond to difficult situations.

- Remember that you are modeling desired behavior for your child.
- "I can see that you are frustrated. I will wait until you can use your words."
- "Mom is going to go to the kitchen. When you are done crying, you can help me wash dishes."



## Use "When..., Then..." Statements

A "When..., then..." statement is a simple instruction that tells your child what he must do in order to earn what he wants.

- "When you put your shoes on, then you can play outside."
- "When you brush your teeth, then Mommy will read you a story."
- "When you finish your chicken, then you can have some more fries."
- "When you put the blocks away, then we can walk to the park."

