

# 21 Positive Parenting Strategies

for more Enjoyable Parenting

Read a Picture Book Related to your current behavior Issue

Check your Routine, What is needed for balance?

Limited Choice tool : Let child(ren) decide between 2 options

Take a break and try again tool

Prepare Sensory Activities as a "Calm Down" area

Start (or build upon) Routines that help round out your lifestyle (EX: busy families plan a quiet family day)

Take Time For Training (simple age appropriate chores and Self-Care)

Make Time for Balance- Busy families: plan time for a family fun day.

Withdraw from Conflict Invitations; Arguments, Back Talk or Defiance

Bite-Sized Steps can help with big tasks or learning new responsibilities

Encourage EFFORT!

Incorporate Family Meetings

Set (reasonable & Respectful) Boundaries

Plan (what you will do), Do(it), Review (what went well & what you'd change)

Include your child in the PROBLEM SOLVING PROCESS

Teach children about their toolbox: Use your words, Manners Tool, Patience Tool & Garbage Can tool

Encourage your Child's Interest Area/Hobby

Start a family Project (Build a Lego Table or Bench for the backyard- something everyone can enjoy. Break down the steps into cooperative tasks

Have Faith in your Child's Abilities

Introduce your child to age appropriate chores (or independent self-care routine)

Model (real life examples) of what skills you want to see your child doing