

# Promoting Positive Behaviors



## **GIVE positive attention for positive behaviors:**

- Give positive attention to your child for behaviors you want to see again.
- Positive attention can be
  - PRAISE** - Say what you like that your child is doing.
  - REPEAT** - Say what your child says so he knows you heard and appreciate it.
  - DESCRIBE** - Say outloud what your child is doing so she knows you're paying attention.

## **DON'T GIVE attention to low level negative behaviors:**

- Do not give your child attention when behavior is safe, but when he seems to be trying to get your attention negatively.
- She might try doing the behaviors more to see if she's really not going to get your attention with the annoying behaviors. The behaviors will go away if she learns that she won't get attention for them.

## **GIVE safe, consistent, boring consequences.**

- Punishments should be safe and not frightening.
- Children who are hit learn to hit.
- Consistent means that the same behaviors result in punishment each time, not just sometimes.
- Stay in control... Keep your face and voice boring so your child doesn't get entertained or scared.



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