

# Promoting positive behaviors



## 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** what your child says so he knows you heard and appreciate what he said
  - DESCRIBE**- say outloud what your child is doing so she knows you're paying attention

## Don't give attention to low level behaviors

- Do not give your child attention for behaviors that are safe, but when your child seems to be trying to get your attention ....
- 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 she won't get attention for them

## 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, voice, and boring so your child doesn't get entertained or scared

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