

Sharing Parenting's Positive Parenting and Behaviour Tips (to pin on the fridge!) A Tip for everyday of the month

1. STOP THINK ACT	2. DON'T SAY DON'T	3. Do something to FILL YOUR JUG (Take a long bath, listen to your favourite music etc)	4. Practice ACTIVE LISTENING	5. Be a good example- MODEL IT! Children are more likely to do as you DO!
6. CONNECT Spend 10 minutes with each child 1 to 1 today)	7. Help them feel CAPABLE Give them 2 choices	8. Help them feel they COUNT -Say: "I appreciate your help" or "I love you" or "I love it when you"	9. (EN) COURAGE Break large tasks down to small tasks	10. Recognise if you or they are EMOTIONALLY FLODD ED (and calm down before reacting)
11. Remember DISCIPLINE means TO TEACH -Make sure your requests are respectful	12. Tell yourself: 'WELL DONE' Recognise what's going WELL	13. Remember Adler What's the NEED behind the challenging behaviour?	14. Practice MEDITATION - Lay down with teddy on chest and watch him move as you breathe in and out	15. Say 'I' instead of 'YOU' e.g. I feel sad when that happens
16. Remember MASLOW when you see challenging behaviour: Are they hungry? tired? Scared?	17. COUNT TO 10 before reacting	18. Practice an ASSERTIVE parenting style - say sorry!	19. Practice CHILD LED PLAY - Sit with your child as they play- comment but avoid quizzing them.	20. Use OPEN BODY LANGUAGE - Use eye contact, nodding, put your phone down so they know they have your attention!
21. Nurture the Toddler and Teenage BRAIN - Give them a hug or play a game together	22. BREATHE in for 4 seconds, hold for 7 and breathe out for 8 - to destress the brain	23. Beware of LABELLING - describe only the 'behaviour' you see	24. ENCOURAGE instead of praise -e.g. "I can see you worked hard at that"	25. Remember LEARNING new things can feel uncomfortable - Fold your arms a different way
26. EXERCISE dance, jump, run, walk	27. Play your favourite MUSIC	28. SELF TALK positively - be your own best friend	29. KEEP OUT of the 'BOXING RING' - walk away or discuss	30. READ 'If I could Raise My Child Again' POEM

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