



Positive Parenting Strategies: Prevention

Strategy	Description	Why?	Examples
Praise / Positive statements	Give frequent, positive attention for (contingent on) appropriate behavior; use encouragement to increase appropriate behaviors; reduce negative behaviors and questions.	Models language, social skills; shows approval; enhances motivation; teaches the child what to do	When you see a behavior that you would like to see again – encourage it. You don't have to make a great big deal of it. Just acknowledge it.
Expectations, Positive Directions	Positively state desired behaviors. Give children the opportunity (time) to respond to a direction before cueing. When appropriate, give the child choices & options for following directions. Follow through with positive acknowledgment of children's behavior.	Some behavior occurs because your child <u>can't</u> act differently, some because your child <u>won't</u> . Either way it tells the child exactly what to do. Avoids choices when there isn't a choice.	Directions as statement NOT choices! Sit down. Time for lunch. Pick up your trains. Its time for bed. Pick out pajamas.
When / Then	Use a When / Then statement to tell your child exactly what he or she must do . Have a positive focus, state ONE time, set reasonable limits, follow through.	Helps clarify expectations.	"When you pick up your toys, then you can go outside." "When you finish your breakfast, then we can go ride your trike."
Anticipation	Anticipate when problems may occur & use materials, support, or information to guide the child. May involve redesigning environments, planning ahead to enhance predictability and consistency, and/or teaching skills to a child. Hope for the best, plan for the worst!	Reduces potential for challenging behaviors and situations.	If you know your child is going to have to wait: Bring toys or materials your child can use in the customer lounge. Give the service manager your cell phone number in case you want to take your child for a walk outside. Bring a snack. Hope for a 30 minute wait & plan for an hour.