

Positive Solutions for Families



Session 2: Keeping It Positive!



What's Happening Today?



- ✓ Apply It and Try It Reflections
- ✓ Fun in Everyday Moments
- ✓ Understanding your Child's Behavior
- ✓ Keeping it Positive





Apply It and Try It Reflection

Connections

Positive Comments
and Encouragement

How did it
make you
feel?

How did
your child
react?



Fun in Everyday Moments



Powerful Practice: Tips for Playful Interactions with Your Child

1. Follow your child's lead
2. Talk, talk, talk about what your child is doing
3. Encourage your child's creativity and imagination
4. Avoid power struggles
5. Have fun together in everyday moments!



Social and Emotional Skills

- Feel confident
- Develop strong relationships
- Make friends
- Persist when tasks are hard
- Follow directions
- Identify and express feelings
- Cope with strong emotions



When Skills are Absent?



Challenging Behavior: What We Know

- Happens when children lack language or social skills
- Happens when children are stressed (tired, hungry, ill, different expectations)
- Challenging behavior works



Why Do Children Do What They Do?



“I want you to pay attention to me.”



“I want that (toy, food, paint, etc.).”



“I want to play with you.”



“I don't want to stop what I am doing.”



“I don't want to clean up!”



Keeping it Positive



STOP!

No!

Don't do that!



Tell children what to do
Use positive words



Challenging Behavior Works!

It sends a powerful message:

“I Want”

Get or Obtain

- Toy
- Activity
- Food
- Attention or Comfort

“I Don’t Want”

Avoid or Escape

- Adult
- Activity
- Demand
- Sibling



Make it Clear



What's a Better Way to Say?



Avoid	Try This...
Stop yelling!	Use an indoor voice.
Don't throw toys.	Toys stay on the floor.
Stop bothering your sister!	You can ask for a turn.

Avoid	Try This...
Be nice.	Use gentle touches.
Watch out.	Look both ways when we cross the street.
Be good.	Sit on the chair.



The Power of Encouragement with Positive Comments

Behavior	Desired Behavior	Positive Encouragement and Feedback
Not listening	Follow directions	“Thank you for listening, Asha, and for putting your books away.” (gives a hug)
Yelling	Use inside voice	“Wow, Jayden! You are using an inside voice. You are such a big kid.” (gives a high five)



Final Thoughts

- Enjoy your holidays
- Give some thought to the ideas we presented today
- Think of something you say over and over which frustrates you and the children. Think of another way to phrase it but no stress over it



The background features a soft, light blue gradient. At the top, there are several strings of decorative lights. The lights include solid circles in yellow, orange, pink, and light blue, as well as white circles. Interspersed among the circles are stylized, light blue snowflake or starburst shapes. The overall aesthetic is clean and modern with a holiday theme.

Happy, Happy Holidays

All our best to you in 2025!