

# Session 2: Keeping It Positive!



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## 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



#### **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?





#### **Keeping it Positive**



STOP

#### Tell children what to do Use positive words

DRIVE

SAFELY



### **Challenging Behavior Works!** It sends a powerful message:

#### "I Want" Get or Obtain

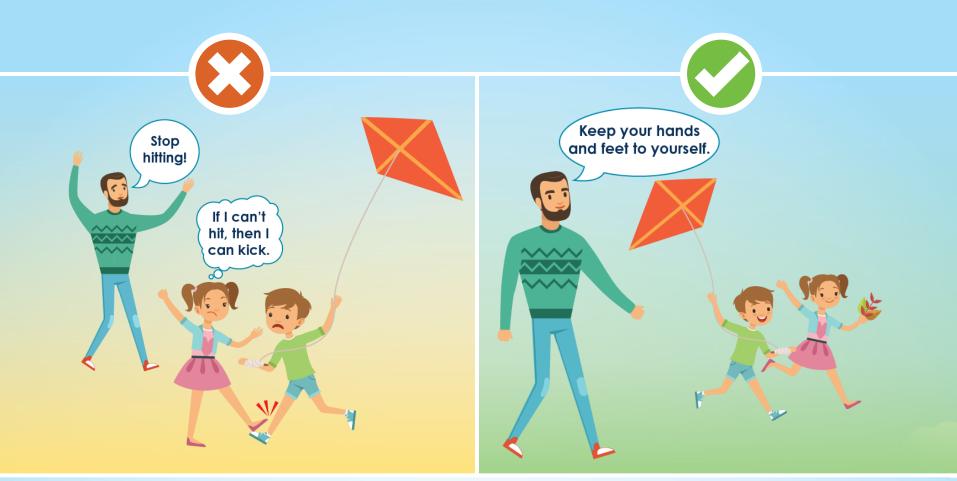
- Toy
- Activity
- Food
- Attention or Comfort

"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



Happy, Happy Holidays

All our best to you in 2025!