

Positive Solutions for Families

Session 1: Making the Connection!



What's Happening Today?



- ✓ Introducing this training
- ✓ An overview of upcoming topics
- ✓ Being a part of a group
- ✓ Building Connections
- ✓ Positive Encouragement and Comments
- ✓ In making changes, start small



Overview of Sessions

1. Making the Connection
2. Keeping It Positive
3. Behavior Has Meaning
4. The Power of Routines
5. Teach Me What to Do
6. Responding With Purpose
7. Bringing It All Together With a Plan

Getting to Know You!

Please Share:

- Your name
- Name and age(s) of child/children
- First positive thing that comes to mind about your child/children



Examples of Ground Rules

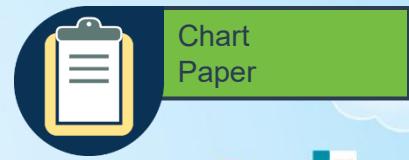
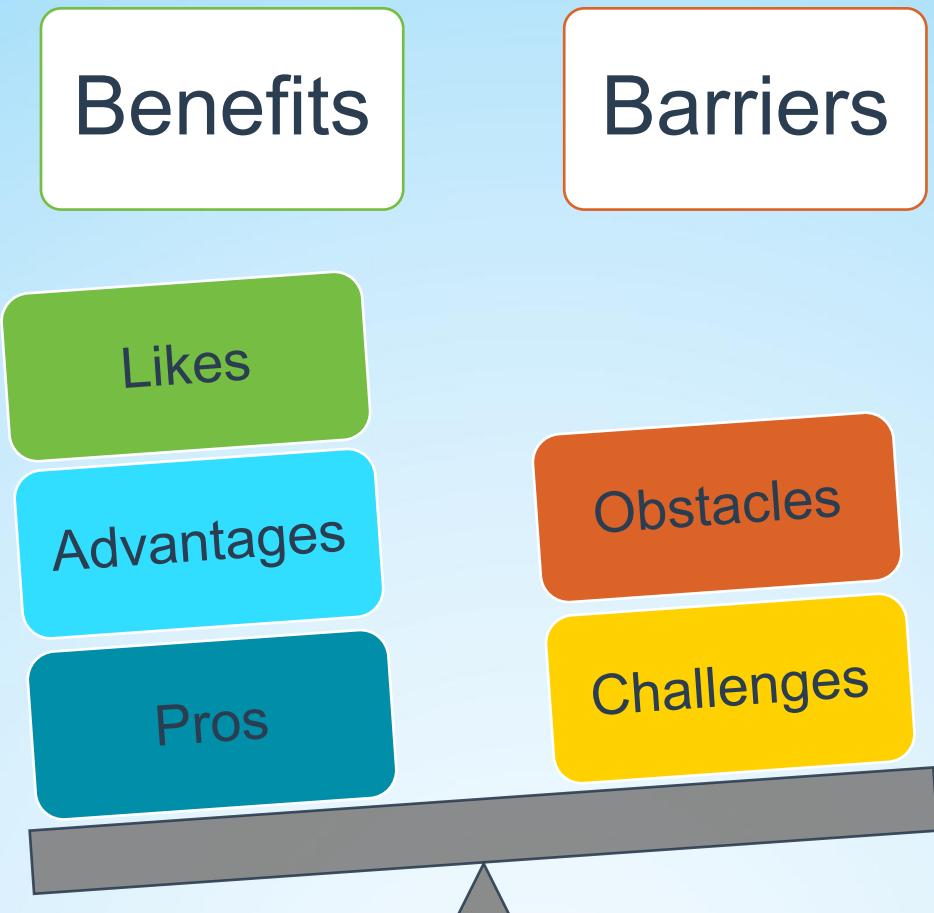
- Start on time
- We'd be very happy if we could see you
- Allow everyone the opportunity to share
- Ask questions
- What is shared in group, stays in group
- Be respectful of each other and acknowledge that each family is different

“Every child deserves a champion; an adult who will never give up on them, who understands the power of connection and insists that they become the best they can possibly be.”

-Rita F. Pierson



Connecting with Your Children



Small Moments

- Building connections is about **positive time** and **attention**.
- When life gets busy, remember you can do small things often.
- Make everyday moments playful and interactive!



Powerful Practice: Encouragement

Tips for Encouraging Your Child!

1. Get your child's attention.
2. Be specific-say what you see.
3. Keep it simple-avoid combining positive feedback with criticism.
4. Be sincere and genuine.
5. Double the impact with physical warmth.
6. Use positive comments and encouragement with your child in front of others.

Illustrations of the Tips

- Scenario 1:
 - Mom is washing dishes; her child is putting toys away.
 - Mom, not looking at her child, says “I like how you are putting the toys away”
 - Child doesn’t look up or appear to hear.

- Scenario 2:

- Grandparent is watching TV and the grandchildren are playing together nicely.
- Grandparent stops watching TV and looks at the children and says “Good job.”
- Children: Look confused and continue playing.

- Scenario 3:

- Dad and child are doing dishes together.
- Dad: Looks at his child and says, “Thanks for doing such a good job with the dishes and not rushing through it like you usually do.”
- Child: Smiles at first but then looks down.

Encouraging Statements

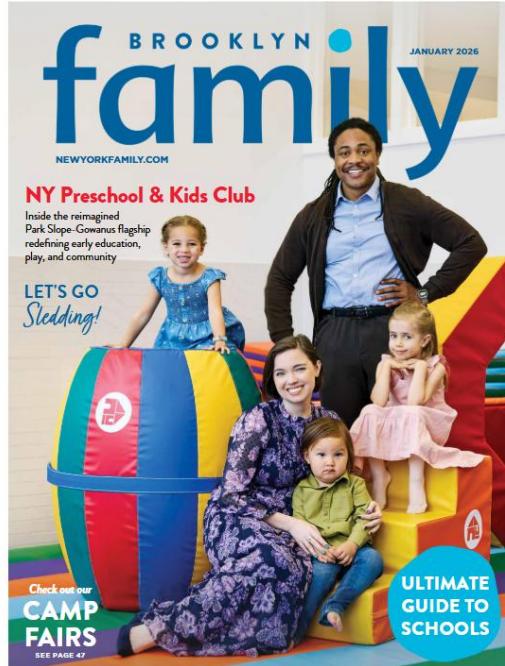
- “You put everything in the toy box! Wow! You did such a great job picking up your toys tonight.”
- “You shared your toys with me! It’s so much fun to play with you!”
- “You were being such a great helper when you helped me bring the groceries inside.”
- “Thank you for using your inside voice when your sister was sleeping.”



In Making Changes Start Small or Just Add Something

- The Brooklyn Family January 2026
(NewYorkFamily.com)

Let's go Resolution Free by Leah Wiseman Fink



Any Questions or Comments

Many Thanks for Joining Us Today

Keeping Communication Positive

February 10, 2026