

# Positive Solutions for Families



---

## Session 2: On the Preschool Level - Understanding Communication And Making It Most Effective!



# What's Happening Today?



- ✓ Fun in Everyday Moments
- ✓ Understanding your Child's Behavior as Communication
- ✓ Reflections
- ✓ Keeping Communication Positive



# Apply It and Try It Reflection

**Connections**

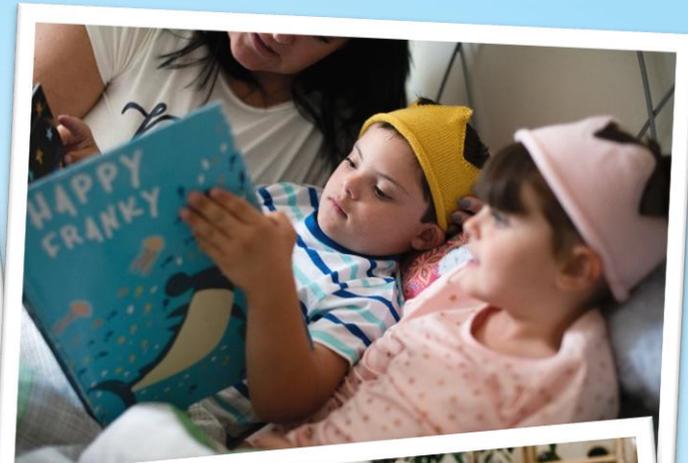
**Positive Comments  
and Encouragement**

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

Give some thought to the ideas we presented today.

If you find yourself saying “Stop” or “Don’t do that”, follow it with something positive. Little by little drop the negatives and keep the positives.

Enjoy the winter recess!

