



INTRODUCTION



This issue of Oregon Parenting Together focuses on ways to encourage good behavior, and strategies for helping your children

when they have trouble remembering how they should act. It's all about responsive parenting with clear expectations and follow-through!

This series of newsletters is inspired and created just for parents. If you have suggestions, comments or ideas for future newsletters please share on our Facebook (Oregon Parenting Education Collaborative) or Twitter page (@OPECParentingEd).

POSITIVE PARENTING: Strategies for Success

Parenting is hard work. It can be really stressful to not only make sure your child's basic needs are met, but to also raise them to be well-behaved and successful. Studies suggest that parents using positive guidance techniques have toddlers who have better self-regulation, are less aggressive, have fewer behavior problems, are more resilient to change, and have better moral reasoning skills. Positive guidance techniques encourage parents to use clear, positive language to establish limits, to give simple choices, and set natural consequences. For more information on positive guidance techniques you can see some examples in the box to the right, or visit our website:

Helpful Strategies

- **Clear, Positive Language:** Try telling your children what they should do, not what they shouldn't do. For example, "We walk when we are inside." instead of "Don't run." This provides clear expectations of their behavior.
- **Give Choices:** If getting dressed in the morning is a struggle, instead of fighting with your children, give them a choice. "You need a sweater because it is cold out. Would you like to wear your red one or your green one?" This helps the children feel a sense of control.
- **Don't Praise, but Encourage:** When your child does something right, it is natural to praise them. Just make sure to do so in a way that encourages their effort. Try, "You worked really hard to solve the problem." instead of "You're smart!" This will direct your child to continue working hard.

www.orparenting.org/2016/04/01/positive-parenting



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WHAT TO DO WHEN YOUR CHILD ACTS OUT



You've used positive clear language with your child; you've set boundaries and expectations; and you've encouraged good behavior, but your child still misbehaves. You might be wondering how to set consequences for their actions. Studies show that children who are punished physically are more aggressive, have weaker relationships with their caregivers, and show more signs of depression. Similarly studies also show that permitting the bad behavior without consequences leads to negative outcomes such as decreased emotion regulation, increased aggression, and behavior issues in school. So what should you do? First, in a clear and calm voice, explain that their behavior was a problem. Next, deliver correction with empathy and provide a reason for the type of consequence they will receive for their specific behavior. There are

several types of consequences that can be effective to teach children to change their behavior. Children should be aware of what behaviors are linked to which consequence. **Consistency is key!** One option is redirection. In this strategy you move your child's attention from an undesired behavior to a different behavior. Another option is a removal of privileges (like no video games). For this method to be effective, what is removed needs to be something your child values. A common strategy used is a timeout. Timeouts have been shown to increase preschool children's ability to follow parents expectations from 25%-80% when used appropriately.

FUN WITH YOUR KIDS! Make & Play Homemade Instruments

Take everyday objects around your house, like dried beans inside two cups taped together, or an upside down pot, and turn those items into instruments. Create a rhythm and see if your child can copy you. Then have your child do a rhythm and you try to copy them!

Have fun making music together!



Timeouts give children and parents the opportunity to calm down and reduce the stress of the situation. Timeouts should happen in the same place, like a chair, they should be brief and calm. Parents should not continue to scold or talk to their children while in timeout. For more ways to make timeouts more effective visit:

<http://childmind.org/article/how-to-make-time-outs-work/>

These are just a few of the tools you can use to help your child the next time he/she acts out!

Find your local parenting resources at:
<http://orparenting.org/>

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