

1. What is Positive Parenting?

5 Key aspects to Positive Parenting to having a happier and easier home:

1. Ensuring a safe, interesting environment
2. Creating a positive learning environment
3. Using assertive discipline
4. Having realistic expectations
5. Taking care of yourself as a parent

Notes:

2. Why do Children Behave as they do

Notes:

Parent Traps

Place a mark to things you feel play a role in shaping your child's behaviour. You may also like to include some comments in the spaces provided.

For two-parent families, it is important for each parent to focus on themselves rather than on their partner. Avoid blaming your partner for your child's behaviour. Try to focus on your own parenting styles.

Do you often fall into any of these parent traps?

Accidental rewards:

- Getting something they want (sweets, toys, etc.)
- Getting out of something they don't want to do
- Attention (reasoning, arguing, negotiating)

Escalation traps:

- Repeating instructions and getting annoyed
- Shouting and getting angry

Ignoring Good Behaviour

Inconsistency:

- Personally from day to day
- Between parents (reacting differently to the same problem)

Unrealistic Expectations:

- Expecting too much (for their age or abilities)
- Not allowing for them to be tired or unwell

Comments:

Giving Instructions

Think about how you give instructions. Do you fall into any of these traps when you give instructions?

- Too many
- Too few
- Too hard
- Bad timing
- Not clear
- Sounds like a question
- Confusing Body Language

Comments:

Are you aware of any other things that could be influencing your child's behaviour? If so, list them in the space below.

Tips for giving clear, calm instructions

- Get close – within an arm's length
- Get down to your child's eye level – get eye contact if possible
- Get your child's attention – say their name
- Use a calm voice
- Tell your child exactly what to do
- Wait and give your child time to do it
- Praise cooperation



3. Helping Children Develop

Notes:

4. Guiding Children's Behaviour

Notes:

5. Family Survival Tips

Notes:

Homework

Take some time to reflect on today's session. What is one aspect of Positive Parenting you could put in place this week?