



FIVE FOR FAMILIES IDEA

Provide Positive Messages

Children need to hear positive messages from you every day. Encouraging words and gestures promote good behaviors and teach kids how to treat others with kindness. When it comes to positive messages, how you say it is as important as what you are saying.

Share your feelings: Focus on the things you enjoy about your child rather than their accomplishments. Write a note that says, “I love you,” offer a spontaneous hug or say that you enjoy being with them.

Observe and comment: Show up. Give your attention. Focus on the effort rather than the result. Acknowledge accomplishments by stating what you see: “You did it ... you tied your shoes!”

Limit praise: Telling your child they did a “great job” or that you are proud of them too often can actually take away their sense of personal accomplishment.

Reinforce the good: Call out specific positive behaviors that you would like your child to repeat: “Thank you for setting the table.”