

Small Changes, Big Differences



Top 10 Tips For Parents



Pay Attention

1. When your child wants to show you something, stop what you are doing and pay attention to them. It is important to spend frequent, small amounts of time with your child doing things that you both enjoy.

2. Give your child lots of physical affection - children often like hugs, cuddles and holding hands.

3. Talk to your child about things they are interested in and share parts of your day with them.

4. Give your child lots of descriptive praise when they do something that you would like to see more of, "Thank you for doing what I asked right away!"

5. Children are more likely to misbehave when they are bored so provide lots of engaging indoor and outdoor activities for them, like coloring and dress ups.

6. Teach your child new skills by first showing the skill yourself, then giving your child opportunities to learn the new skill. For example, speak politely to each other. Prompt them to use manners like "please" or "thank you", and praise them when they do.

7. Set clear limits on your child's behavior. Sit down and have a discussion on the rules of the home. Let your child know what the consequences will be if they break the rules.

8. If your child misbehaves, stay calm and give them a clear instruction to stop and tell them what you would like them to do instead. Praise them if they stop. If they do not listen, follow through with an appropriate consequence.

9. Have realistic expectations. All children misbehave at times and it is inevitable that you will have some discipline challenges. Trying to be the perfect parent can set you up for frustration and disappointment.

10. Take care of yourself. It is difficult to be a calm, relaxed parent if you are stressed or anxious. Try to find time every week to let yourself unwind or do something that you enjoy.



Teach Skills



Set the Rules



Be Realistic