

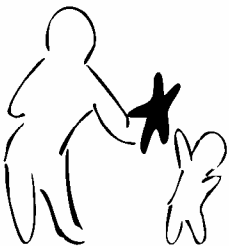
## Positive Ways To Say Negative Things

Parenting is a difficult job. Being a child is a difficult job. Children are not miniature adults. They are busy learning many new skills. It is natural for them to test their limits and to actively explore their environment. Parents have to serve as guides for their children, keeping them on track and helping them to understand the outcomes of their behavior. Parents often find themselves using many negative words while guiding children such as "NO" and "DON'T". Positive words are better because they help to make the relationship between the parent and child less stressful. Positive words help children to feel good about themselves and help parents to feel good too. It takes lots of practice to be a "POSITIVE PARENT"

### Positive Words

- ✓ **How fast can you put on your shoes?**
- ✓ **You pick up a toy and I'll pick up a toy.**
- ✓ **Be gentle with the baby. Touch the baby like this.**
- ✓ **Running is for outside.**
- ✓ **Let's see if we can figure out a better way to do that.**

Franklin County Children's Task Force



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## Positive Self-Esteem

All we want for our children seems to hinge on their sense of worth- their self-esteem. The more comfortable they feel about themselves the happier, more confident, motivated, cooperative, and loving they are more likely to be.

Just as a good sense of ones self perpetuates itself, so does a poor or negative one. When children don't feel good about themselves, they are less likely to be motivated or cooperative, nor do they build healthy relationships.

Children's sense of self develops at an early age and grows out of the messages received by those closest to them (the parents). A child is very sensitive to pick up both verbal and nonverbal messages.

### **Children have a healthy self-image if:**

- **They feel they are unconditionally loved for who they are.**
- **They feel worthwhile - they are unique and have special qualities, and that their feelings count.**
- **They are capable to achieve age appropriate tasks.**

Linda Mitchell  
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## Time Out

- Time out is used as a consequence when a child breaks a family rule.
- Some examples might be:
  - Throwing objects
  - Hitting
  - Biting
  - Swearing
  - Ignoring parent's request
  - Breaking something
- The child needs to be old enough to understand right from wrong and that certain behavior has consequences.
- As a family, you need to establish rules that seem fair to both parent and child. The more you include children in forming rules, and discussing consequences the more apt they are to adhere to their family rules.
- Pick a place for time-out: hallway, chair, stairs
- Establish length of time that time-out will last. This depends on child's age, seriousness of misbehavior (1-7 minutes is appropriate).
- **REMINDER:** Time-out is **NOT** a jail sentence, a threat of loss of your love, or solitary confinement; it is removing a child from situations and misbehavior.

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**A  
misbehaving  
child is a  
discouraged  
child.**

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