

ENCOURAGING POSITIVE BEHAVIOR

These small steps can reap big behavior rewards



When most parents think of discipline, they think of punishment. But good discipline is really guidance, and that often involves using praise.

Children learn what they are like from other people. The ways parents respond to children influence how children feel about themselves.

Using praise to help correct inappropriate behaviors can be as effective as using punishment. Praise helps children feel good about themselves.

Correcting inappropriate behavior and punishing a child is sometimes necessary. But you should balance out punishment by giving at least an equal amount of praise. *Catch your child being good!*

A little praise goes a long way. If you want your child to think he or she is valuable, lovable, appreciated, your child needs to know you feel that way.

The mission of Centers for Youth & Families is to provide specialized prevention, intervention, and treatment services that promote emotional and social wellness for children and families of Arkansas.

A Go-To Resource for ALL Parents.

Whether you are a new parent, single parent, experienced Mom or Dad facing some new issues, married parents, grandparents or a soon-to-be parents with lots of questions, The Parent Resource Center is the only place you need to visit.

Parent Education Classes are offered year-round on a variety of parenting topics. All courses are focused on enhancing parenting practices and behaviors, such as developing and practicing positive discipline techniques, learning age-appropriate child development skills and milestones, promoting positive play and interaction between parents and children, and locating and accessing community services and supports.

Parent Educators are available to answer your parenting questions and provide guidance. We also provide an array of parenting information at your fingertips cfyfparentresources.org

Follow us on Facebook and Twitter for daily parenting tips and visit our Pinterest boards for a variety of parenting and wellness tips. [@TheCentersAR](https://twitter.com/TheCentersAR)



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- Praise good behavior often, it takes more motivation from the parent to stop negative behaviors.
- Praise can keep a child cooperating or good behavior going.
- Use praise for picking up their things, eating meals, doing homework, going to bed on time
- Keep praise words simple “ good job for picking up”, “ thank you”, “ give me a high-five”
- Cheer and applaud your child when a task is completed.
- Many times you will need to praise siblings differently.
- Boost the child’s self-esteem praise in front of other people and give unexpected praise.
- Strengthen your relationship with your child, so that you both enjoy each other’s company.
- Praise immediately. Don’t wait to give praise.
- Don’t use love as a reward. You always love and accept your child no matter what he or she does. Tell your child you do.
- Make sure your child understands that your love for him or her has nothing to do with you not liking a behavior. When your child misbehaves, for example say, “ I love you, but I don’t like when you call me names.
- Model positive behaviors at all times.

References: You and Your Child, University of Pittsburgh Office of Child Development