



# THE FAMILY TREE

## Encouraging Through Communication

*It's important to teach children what we want them to do by communicating with them, which in turn encourages cooperation.*

### **Parents tell us that these are some parenting tips that work:**

- Using positive language;
- Setting a good example by modeling the behavior you want to see;
- Showing your love and appreciation;
- Catching your child being “good”;
- Communicating with respect;
- Use specific praise and encouraging your child to praise him/herself;
- Anticipating trouble before it happens;
- Giving choice;
- Establishing clear consequences and follow-through for poor behavior;
- Avoiding power struggles by knowing which battles are worth fighting;
- Ignoring behaviors that are not health or safety issues;
- Substituting, distracting or redirecting difficult behaviors;
- Using a sense of humor;
- Encouraging active problem solving;
- Expecting the best from children;
- Setting realistic expectations and limits based on your child’s ability;
- Allowing yourself to be flexible;
- Creating situations where children can succeed;
- Keeping the rules to a minimum; and
- Establishing a policy not to hit or yell.

**For support, call The Family Tree’s StreeLine, statewide at 1 (800) 243-7337**