

# Positive Solutions for Families

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## Session 2: Keeping It Positive!



# What's Happening Today?



- ✓ Apply It and Try It Reflections
- ✓ Affirmations
- ✓ Fun in Everyday Moments
- ✓ Understanding your Child's Behavior
- ✓ Keeping it Positive





# Apply It and Try It Reflection

**Connections**

**Positive Comments  
and Encouragement**

How did it  
make you  
feel?

How did  
your child  
react?

# Affirmations



Statements that  
are **encouraging**  
and **motivating**



Help us  
**feel strong**

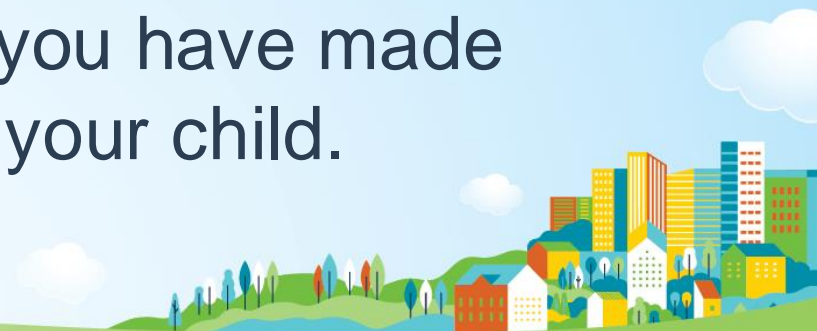


Help us feel  
**optimistic** about  
change

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**Make a note!**

Reflect on the changes you have made  
or your efforts with your child.





# Fun in Everyday Moments



# Powerful Practice: Tips for Playful Interactions with Your Child

1. Follow your child's lead
2. Talk, talk, talk about what your child is doing
3. Encourage your child's creativity and imagination
4. Avoid power struggles
5. Have fun together in everyday moments!



# Role Play#1: Reflections

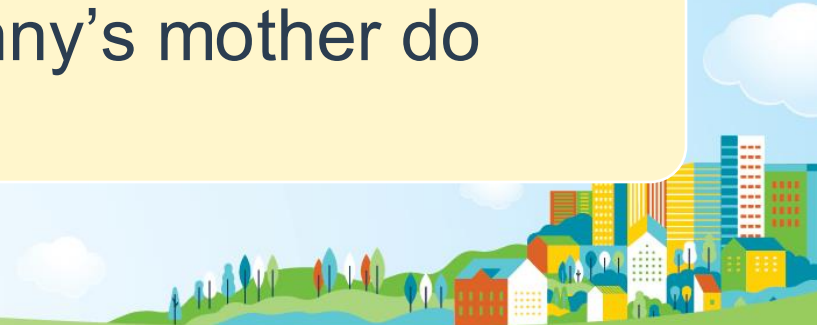


What happened?

How do you think Kenny felt?

How do you think his mother felt?

What could Kenny's mother do differently?



# Role Play #2 Reflections



What happened?

How is this scene different from the first one?

How did Kenny respond?

How did they both feel?





# Social and Emotional Skills

- Feel confident
- Develop strong relationships
- Make friends
- Persist when tasks are hard
- Follow directions
- Identify and express feelings
- Cope with strong emotions



# When Skills are Absent?





# Challenging Behavior: What We Know

- Happens when children lack language or social skills
- Happens when children are stressed (tired, hungry, ill, different expectations)
- Challenging behavior works



# Why Do Children Do What They Do?



“I want you to pay attention to me.”



“I want that (toy, food, paint, etc.).”



“I want to play with you.”



“I don’t want to stop what I am doing.”



“I don’t want to clean up!”



# Challenging Behavior Works!

*It sends a powerful message:*

## **“I Want”**

*Get or Obtain*

- Toy
- Activity
- Food
- Attention or Comfort

## **“I Don’t Want”**

*Avoid or Escape*

- Adult
- Activity
- Demand
- Sibling





# Apply It and Try It

- Think about behaviors you want to see less of.
- Think about behaviors you want to see more of.

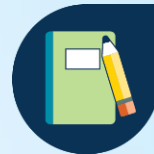


## More of

- Listening
- Playing with sister
- Using kind words
- Cleaning up
- Eating at mealtime

## Less of

- Ignoring me
- Hitting siblings
- Screaming
- Making messes
- Whining at mealtime



Activity 2





# Keeping it Positive



***STOP!***

***No!***

***Don't  
do that!***



Tell children what to do  
Use positive words



# Make it Clear



# What's a Better Way to Say?



Avoid	Try This...
Stop yelling!	Use an indoor voice.
Don't throw toys.	Toys stay on the floor.
Stop bothering your sister!	You can ask for a turn.

Avoid	Try This...
Be nice.	Use gentle touches.
Watch out.	Look both ways when we cross the street.
Be good.	Sit on the chair.





# Apply It and Try It

- Find times you normally say, “Stop, No, Don’t!”
- Switch your language to the positive.
- Keep track and reflect:
  - How did your child respond?
  - How did your child feel?
  - How did you feel?



Activity 3



# The Power of Encouragement with Positive Comments

Behavior	Desired Behavior	Positive Encouragement and Feedback
Not listening	Follow directions	“Thank you for listening, Asha, and for putting your books away.” (gives a hug)
Yelling	Use inside voice	“Wow, Jayden! You are using an inside voice. You are such a big kid.” (gives a high five)





# Apply It and Try It Review

## Things to Try at Home:

1. List behaviors you want to see **more of** and **less of** at home (Handbook Activity 2)
2. Try to **keep it positive** with your child and use positive words (Handbook Activity 3)





# Thank You

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