Positive Solutions for Families

Session 1
Making a Connection!

Originally developed by the Center on the Social and Emotional Foundations for Early Learning. Adapted for use in California by WestEd for the California Collaborative on the Social-Emotional Foundations for Early Learning (CA CSEFEL) March 2013

What’s Happening Today

• Meet each other and learn about our families
• Discuss goals and expectations we might have for our group
• Discuss the importance of building positive relationships with our children
• Discuss the “power” of using positive comments and encouragement with our children
• Review: Things to Try at Home

Solutions for Families
Six Sessions

• Session 1 – Making a Connection!
• Session 2 – Making It Happen!
• Session 3 – Why Do Children Do What They Do?
• Session 4 – Teach Me What to Do!
• Session 5 – Facing the Challenge (Part 1)
• Session 6 – Facing the Challenge (Part 2)

Getting to Know You!

• Please Share:
  – Your Name
  – How many children you have (names and ages)
  – A goal related to our Solutions for Families group
    • Examples
      – Gail: Lulu (15 months): “I want to be the best parent I can be.”
      – Maria: Jose (4) and Luis (5): “I want my boys to listen to me.”
      – Anything else about you and your family!
Expectations

• We are Friendly and Kind
  – What will this mean for our group?

• Be Respectful
  – What will this mean for our group?

• Be Safe and Healthy
  • What will this mean for our group?

Relationship Activity
Workbook Activity 1

• Think of someone who was really special to you when you were growing up.

• What made you think of this person?

• What did they do that made them important or special to you?

“Every child needs one person who is crazy about him.”
– Uri Bronfenbrenner

Quality Time With Your Children

• Benefits?

• Barriers?
Building Positive Relationships with Children

• When we focus on building relationships with our children, it is like making “deposits” in their relationship piggy banks.

• When we are harsh, negative, or upset with them, it is like we are making withdrawals, so we need to keep filling and refilling.

Making Deposits Activity Workbook Activity 2

• We can make deposits in lots of ways: hugs, smiles, encouraging statements, listening, playing…
• Write, draw, make notes, or list 5 things that you will try to do in the next week to “fill/refill” your child’s relationship bank. Things that will make your child feel really special! Things that will help build a positive relationship with your child.

Positive Descriptive Acknowledgements Close to Magic

• Another way to increase deposits is PDA Positive, Descriptive Acknowledgements!
• We usually give our children directions or corrections for inappropriate behavior.
• When we start commenting on their appropriate behavior, children know what to do and will do it more often.
• These comments have the most impact when we are specific about what we see, and link it to the expectation or characteristic we want to see.
• That is Positive, Descriptive Acknowledgement Workbook Handout 3.
Tips for Encouraging Your Child

**Powerful Parenting Practice!**

**Tip 1** Get your child’s attention

**Tip 2** Use behavior specific language –
Say what you see

**Tip 3** Add the expectation/characteristic that is linked
   to the behavior-Cooperation, helpfulness, safety

**Tip 4** Keep it simple – Avoid combining
   encouragement with criticism

**Tip 5** Encourage with enthusiasm

**Tip 6** Double the impact with physical warmth

**Tip 7** Use positive comments and encouragement
   with your child in front of others

Examples of Encouraging Statements

- “It’s so much fun to play with you - you are so good at sharing your toys.”
- “You were being such a great helper when you helped me bring the groceries inside.”
- “Thank you for using your inside voice when your sister was sleeping.”
- “Wow! You did such a great job picking up your toys tonight. You put everything in the toy box!”

PDA Log Activity

Workbook Activity 4

- Try to encourage your child using Positive, Descriptive Acknowledgement at least 5 times this week! See Activity 4 in your workbook.

Things to Try at Home

Making the Connection!

Positive Parenting Tips

- Try to fill/refill your child’s relationship bank (Workbook Activity 2)
- Try to use **Positive, Descriptive Acknowledgement** with your child (Workbook Activity 4)
- Have **fun** together!